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UNIVERSITY OF ILLINOIS
AGRICULTURE LIBRARY

Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 2, 1956

Homemakers Are the Home Fire Chiefs

Since the lady of the house is usually around when a fire breaks out in the home, she's the one to think and act quickly, says O. L. Hogsett, University of Illinois safety specialist.

Because more than 50 percent of farm fires start in the farm house, the homemaker is the logical home fire chief. She should check other family members to see that they don't carelessly start home fires.

She must be especially careful in her own daily tasks. Electric irons alone start 40 fires every day in American homes, while burning hot grease and cook stove fires account for many more.

Home dry cleaning fires kill more than 800 people every year so the homemaker should do all home dry cleaning outdoors. As home fire chief, the farm wife should be sure that all electrical appliance cords and outlets are checked regularly to prevent sparks and short circuits.

She should also have a good fire extinguisher handy and know how to use it. However, she must remember that the greatest fire preventer is alertness and fire consciousness.

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OLH:sl
12/28/55

FOR RELEASE WEEK OF JANUARY 2, 1956

Slim Women Can Compliment Their Figures

You tall, slim women can compliment your figure by remembering instead of forgetting it when you buy clothes.

Avoid long, slim lines. Look for wide, full skirts, wide belts, big round collars, full bodices, pockets and accessories that add width, says Myra Baker, University of Illinois clothing and textile instructor.

Remember to choose garments with lines that draw the eye outward. For instance pockets in a V from the thigh to the hip. You'll want horizontal lines such as a square collar, horizontal stripes and tiered skirts.

You can still be fashionable even though the long, lean look is popular now. If you're buying high-fashion garments, look for breaks at the widest part of the hips and for fullness and pleasant draping.

If you're looking for a suit, buy one with a little padding at the hips, fullness across the waist or pleats at the skirt hemline.

But keep in mind the total effect. You want to look heavier, but you still want a graceful line leading from bottom to top.

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LAW:sl
12/28/55

FOR RELEASE WEEK OF JANUARY 2, 1956

Paint Bucket Handy for Room Remodeling

Appoint the versatile paint bucket chief carpenter when you plan a face lifting for that problem room, says Dorothy Iwig, home furnishings specialist at the University of Illinois.

Older houses often have high ceilings (about 10 feet) and you can remedy this by painting them a darker color than the walls. If your problem is a low ceiling, found in many newer houses, paint it white or lighter than the walls so it will look higher.

For a too long and narrow room, use a dark contrasting color for one end wall. This will make the walls look nearer each other and the room will seem shorter, wider and better proportioned. To make a large room more compact, paint the walls a warm color or use a large wallpaper pattern.

On the other hand if you want a larger looking room, keep the walls and woodwork the same color. This gives a quieting and spacious effect.

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MVB:sl
12/28/55

UNIVERSITY OF ILLINOIS

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF JANUARY 9, 1956

Care for Scissors

The better the condition of your sewing tools, the better the chance of your making a professional-looking garment, says Fern Carl, University of Illinois clothing specialist.

Like any precision tool, scissors and shears need good care. They should always be clean and should be lubricated occasionally with a drop of oil at the screw.

Use scissors for the job for which they were made. In other words, don't cut cord with cuticle scissors or wire with sewing scissors. Use dressmaking shears only for cutting cloth, not for general household cutting.

Wipe the lint off regular shears often. Remove it from pinking shears after each use.

High-quality shears can usually be sharpened if they become dull. Just be sure to take them to an experienced person. If pinking shears need adjusting or sharpening, return them to the store so that they can be sent to the factory for repair. Quite often they are permanently damaged if an inexperienced person tries to repair them.

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MVB:sl
1/4/56

FOR RELEASE WEEK OF JANUARY 9, 1956

Use Flatware Often But Carefully

Flatware grows more beautiful with use. But handle it with reasonable care to avoid deep scratches, says Mrs. Dorothy Twardock, University of Illinois home furnishings specialist.

Small scratches on sterling needn't cause alarm because they blend into the pattern. However, don't overload the dishpan or sink, because deep scratches may result.

Wash flatware in hot, sudsy water soon after using it. Remove egg or other stains immediately with a scratch-proof silver cleaner. Salt will corrode silver if left on very long. Rinse the flatware in hot water and dry thoroughly before storing.

Unless you know that the blades of knives are solid or are soldered into the hollow handle (and this is true of much modern fine silver), never put the handles all the way under in hot water. The cement will loosen if you do.

Store flatware in chests or closed drawers, away from tarnish.

Silver, silverplate and solid alloy require frequent polishing. So apply a good paste or creamy liquid silver polish often with a soft cloth or sponge. Polish lengthwise with long, gentle strokes--never use a circular motion. Use a sponge or soft brush on light engraving, but a stiff brush on ornamental designs. Use a wooden skewer or orange stick with chamois over the point to reach difficult places. Wash well in hot, soapy water. Rinse and dry thoroughly, and polish with a soft flannel cloth.

You'll find that the sooner you polish silver after finding tarnish, the easier it will be.

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MVB:sl
1/4/56

FOR RELEASE WEEK OF JANUARY 9, 1956

Use a Centerpiece for Family Meals

How long has it been since you've had a centerpiece for family meals? An original centerpiece sparks many a meal, says Mary McAuley, University of Illinois home economics specialist.

Flowers aren't always a must for a centerpiece. A small basket of fruit or gourds with grasses and small twigs will add interest to your table. Place cards, a small corsage or a single flower will perk up individual place settings and trays.

The traditional horn of plenty, placed on the table or buffet, is a good conversation piece. You can either buy a horn-shaped basket or make one from chicken wire or cardboard. Fill it with fruit, gourds, nuts, pine cones or vegetables.

If your table is crowded, why not let the food act as a centerpiece? A main dish garnished with parsley or tomato can add just enough color and appeal to your winter table setting. Bright yellow, green and red vegetables and fruit can be color accents for the meal.

Gay tablecloths and napkins are in line with winter decorations. Or why not give your lace tablecloth a new look by putting a colored cloth under it?

If the guest list is longer than the tablecloth, use two cloths of harmonizing colors. Tie in the colors with matching napkins or a centerpiece.

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MAP:sl
1/4/56

for weeklies

Homemaking news



IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 16, 1956

Home, Safe Home?

There is positive proof that people can overcome carelessness and haste that brings on accidents, says O. L. Hogsett, safety specialist at the University of Illinois.

More than twice as many fatal accidents occurred inside than outside farm homes last year. More than half of the home accidents resulting in death were caused by falls and fractures.

About 80 percent of the falls occurred when the victim fell on the same level. Others were falls on steps or stairways or off poor or makeshift stepladders.

About one-fourth of the home accidental deaths resulted from fires. In many cases the fatal burns resulted from an explosion when gasoline or kerosene was used to start fires or do dry cleaning.

Parents and other adults in every home should see that safe conditions are provided and maintained and that safe practices are followed at all times, says Hogsett. An orderly home is a safe home.

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OLH:sl
1/11/56

FOR RELEASE WEEK OF JANUARY 16, 1956

Low Heat Key to Egg Cookery

Eggs are easy to prepare when you follow the rules.

Whether you use them to garnish hot potato salad or to thicken soft custard, the first and basic rule to remember is to cook them with low to moderate, even heat, says Geraldine Acker, University of Illinois foods specialist.

As is true of all protein foods, too high a heat makes eggs tough and leathery. If custards are cooked at too high a temperature, they become tough and separate.

When you use eggs to thicken custard-like mixtures, such as lemon pie fillings or chocolate puddings, add the hot liquid slowly to the egg. This prevents curdling. Return the mixture to the range and cook until it thickens. Remember to maintain a low, even heat.

For best results in egg cookery, take eggs from the refrigerator at least an hour before you use them. The separation of yolks from whites is easier and eggs beat up faster and to a greater volume when brought to room temperature.

Cool hard-cooked eggs promptly in cold water to prevent a dark or green surface on yolks and to make it easier to remove the shells. The darkened yolk surface may also be caused by too much cooking at too high a temperature.

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MVB:sl
1/11/56

FOR RELEASE WEEK OF JANUARY 16, 1956

Daily Gallery Features Spot Art Exhibit

A portrait demonstration, sculpturing with papier-mache and a gallery tour with explanations and discussion of the exhibits are among the daily features of the Town and Country Art Exhibit during Farm and Home Week January 29 to February 2, says D. A. Brown, University of Illinois agriculture librarian.

Lowell Anderson, home furnishings and weaving instructor, will be in charge of the features starting every day at 11:30 a.m. in the agriculture library of Mumford Hall.

The Monticello Daubers' Club and the Paris Painters will both display many samples of amateur work in this first art exhibit. Nearly every member will have an entry in the show.

Ceramic pieces and wood carvings as well as oil and water color paintings will be displayed. Some of them will be by people who studied under John Klassen when he taught at 4-H Memorial Camp workshop.

A catalog listing the art show exhibitors and a description of their works will be available in the agriculture library during the art exhibit.

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Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF JANUARY 23, 1956

Nylon Jersey Sewing Requires Time, Skills

You can make an all-nylon jersey garment at home, but it requires time and patience, says Virgene Griffin, graduate student in textiles and clothing at the University of Illinois. You also need to use certain skills and techniques in handling the fabric and adjusting your machine.

Miss Griffin recently completed a study on the problems involved in home sewing of nylon jersey material.

Pattern selection is the first consideration. The best pattern for nylon jersey is a simple one--as few seams as possible on the straight grain rather than the bias, no pockets or buttonholes and few details. Unpressed pleats and gathers are workable, but avoid darts and tucks.

Sharp shears and sharp, fine pins and needles are important in handling this material. You may need to change the machine needle several times while making a single garment. A dull needle breaks the threads and causes the material to pucker.

You must loosen both upper and lower tensions more than you ordinarily do. It seems even more important for the lower tension to be properly loosened than for the upper, although both must be properly adjusted.

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You'll have best results with nylon jersey if you sew slowly at an even speed. If you sew too rapidly, the machine will skip stitches and pucker the material.

Nylon jersey garments are popular on the market because of their easy care. Clothing manufacturers face the same problems as you in making garments, and they too are carrying on research to simplify and eliminate problems in handling man-made fabrics. Through research they have developed special attachments and adjustments which they use on their machines, but they are not yet practical for home sewing machines.

For further information on home sewing of nylon jersey garments, write for "Skills, Techniques and Equipment Necessary for Construction of Nylon Jersey Clothes," Mumford Hall, College of Agriculture, University of Illinois, Urbana, Illinois.

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MVB:sl
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FOR RELEASE WEEK OF JANUARY 23, 1956

Session Designed for Homemakers, Their Homes

A session designed especially for homemakers and their homes will be led by Walter Johnson, University of Illinois associate professor of architecture, at Farm and Home Week.

His topic for the February 1 homemakers' session is "Designed for You," in which he will explain and discuss art as applied to the home and its surroundings.

Throughout his talk, Mr. Johnson will point out that people are creative, and many enjoy making attractive articles for their homes. He believes the desire to create is by far the most importnat factor in making anything from a tapestry to greeting cards.

Mr. Johnson will show slides of flower arrangements, color harmonies, fabrics and accessories. He will explain some basic terms and principles used in the field of design, suggesting how homemakers can select paintings and other art objects used in homes.

Some slides will illustrate the three-dimensional form in the area of crafts people can do and have done. Making block prints or an end table can be a satisfying and rewarding home activity.

J. Richard Suchman, assistant professor of child development, will speak on "Dad's Place in the Child's Life" at this session in Lincoln Hall theater.

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MVB:sl
1/18/56

FOR RELEASE WEEK OF JANUARY 23, 1956

Note to the Editor: Enclosed is a list giving the names of girls participating in the public relations project, together with the high schools they will visit.

87 Home Ec Coeds Visit High Schools

Eighty-seven home economics coeds from the University of Illinois will visit high schools in their communities between semesters, January 30 to February 3, as part of a department public relations project.

These girls have volunteered to talk with high school girls about the University of Illinois, and especially about its home economics curriculum.

The girls will tell about some of their activities and experiences, give reasons why they think a college education is important and explain the types and costs of housing and the entrance requirements. They will also point out the 11 major fields of interest in home economics offered at the University and the opportunities in them upon graduation.

The high school girls will be invited to attend Hospitality Day, March 24, sponsored by the home economics council.

Each year the council directs this public relations project to promote interest in the University of Illinois and the home economics department.

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GIRLS PARTICIPATING IN THE HOME ECONOMICS PUBLIC RELATIONS PROJECT

Counties	Student's Name	School to be Visited
Adams	Janet Lee Schaffnit	Seymour High School
Bond	Nancy Marti	Greenville High School
Calhoun	Sylvia Wineland	Pleasant Hill High School
Carroll	Julia Ann Feddersen	York Community High School
	Romaine Day Schoonhoven	Forreston High School
		Shannon High School
Champaign	Bobette Buchanan	University High, Urbana
		Urbana High School
	Shirley Hunter	St. Joseph Community High
Christian	Nina Sanders	Stonington High School
Clark	Carolyn Swope	Martinsville Community High
Clay	Patsy Mae Eaton	Flora High School
Cook	Karen Altschul	South Shore High, Chicago
	Yvonne Barta and Fredette Stiernberg	Leyden Community High, Franklin Park
	Eileen Belcaster	Steinmetz, Chicago
	Caryl Harrington	Visitation High School, Chicago
	Mariett McCall	Evanston Township High
	Nancy F. Owens	Oak Park and River Forest High
	Alice Rudwall	J. Sterling Morton, Cicero
	Mary L. Schrader	Fenger High School, Chicago
		Mt. Vernon Branch, Chicago
	Charmaine Tourville	Maine Twp. High, Des Plaines
Douglas	Sue Greathouse	Oakland High
	Sharon Riddell	Villa Grove High
		Newman High
	Marilyn Wilcoxen	Newman High
		ABL High School, Longview
	Nancy Jo Schrader	Tuscola High School
	Joan Breen	Tuscola High School
DuPage	Martha L. Baren	Wheaton Community High School
Edgar	Jeanette Downs	Kansas High School
Edwards	Mrs. Louise Boewe	Edwards Cty. Senior High, Albion
Franklin	Kendra Kay McKemie	Frankfort Community High, West Frankfort
Fulton	Marlene Wood	Valley Senior High, Fairview
Greene	Elenor Masters	Greenfield High School

Jo Daviess	Ann Redington	Galena High School
Iroquois	Harlean Harms	Donovan High School
	Sandy Yozarian	Onarga High School
Jefferson	Martha Rosenburger	Mt. Vernon Twp. High
		Waltonville Community High
Kane	Connie Hultine	St. Charles Community High
	Elsie Patterson	Maple Park High School
Kankakee	Sandra Beushausen	Kankakee Senior High School
Knox	Francis Nelson	Galesburg Senior High
Lake	Mary Herman	Antioch High School
	Judie Romer	Antioch High School
	Joanne Miller	Wauconda Twp. High
LaSalle	Mary Fran Jensen	Lostant Community High
	Nancy Kauth	Streator Twp. High
	Pat O'Donnell	Marquette High, Ottawa
Lawrence	Ann Mitchell	Lawrenceville Twp. High
Livingston	Joan Eggenberger	Kempton Community High
		Saunemin High School
	Jo Ann Gish	Kempton Community High
		Saunemin High School
	Lois Longmire	Cullum Community High
Marshall	Pat McKee	Mid-County Senior High, Varna
Mason	Kay Asay	Easton Community Unit High
	Martha Jean Mangold	Mason City Community High
	Dolores Reed	San Jose High
Mercer	Phyllis Jean Floyd	Alexis High School
Macoupin	Janet Rutherford	Virden Community High
Monroe	Jeannette Thier	S. S. Peter and Paul High, Waterloo, Ill.
McDonough	Jalane Patrick	Macomb Senior High
McHenry	Mary Piper	Harvard High School
		Capran High School
	Mary Linn Hogan	McHenry Community High
McLean	Ann Mathis	University High, Normal
Ogle	Nancy Moeller	Polo Community High
Peoria	Anna Jeanette Elger	Manual Training High, Peoria
	Sharon Hoffmann	Elmwood Community High
	Lois Grant	Peoria Senior High
Piatt	Ann McCartney	Monticello High School
	Jan Turney	Cerro Gordo High School
		Bement High School

Putnam	Mildred A. Clift	Henry-Senachwine High Mid-County High, Lacon Sparland High School
Randolph	Mary Jane Beattie	Sparta Township High
Richland	Ruth Ann Holstrum	East Richland High School, Olney
Rock Island	Marlo Lange	Moline Senior High
St. Clair	Ima Jean Bassler	Mascoutah High
	Marcia Namring	Belleville Twp. High
	Angie Lou Putt	Lebanon Community High
	JaNita Jo Ragsdale	Belleville Twp. High
	Carol Stoneman	Freeburg Community High
Stephenson	Susan Kahl	Freeport Senior High
Tazewell	Barbara Drinnon	Hittle Twp. High, Armington Mackinaw High School Minier High School
	Joan Freitag	Minier High School
	Barbara Langley	Pekin Community High
	Barbara Kroeger	Pekin Community High
Vermilion	Mary Jo Cunningham	Georgetown Twp. High
White	Elizabeth Austin	Norris Community Unit High
Will	Jean Rowley	Lockport Twp. High
Winnebago	Joan Griger	Rockford West High
	Judy Weller	Rockford West High Rockford East High
Woodford	Betty Hartter	El Paso High, Carlock
	June Armstrong	Minonk High School

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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 30, 1956

Both Children, Adults Need Immunization

Although the development of immunizing serums and vaccines is one of the greatest medical achievements, too many adults are not adequately protected against smallpox and tetanus, says Pauline Brimhall, University of Illinois health education specialist.

Surveys show only a small percent of adults in Illinois are immunized against these diseases.

The Illinois Department of Public Health recommends that everyone be re-vaccinated against smallpox every three years for reasonable safety.

Adults, especially in rural communities where farm accidents are numerous, should also be immunized against tetanus (lockjaw).

The Illinois Department of Public Health recommends everyone be immunized against tetanus in infancy. They say booster doses should be given one year later and every three to five years thereafter. Booster doses of tetanus toxoid are also given at the time of an injury.

Every year 20 or more tetanus cases are reported in Illinois, and usually a fairly high percentage of these cases are fatal.

By following recommended immunization procedures, tetanus can be prevented.

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LAW:sl
1/25/56

FOR RELEASE WEEK OF JANUARY 30, 1956

'Little Snacks' Add Inches to Waists

Although "just a little sandwich" doesn't seem like much at the time, many of them can add a good bit to your waistline.

By eating only 100 excess calories a day, you can gain 10 pounds in one year, says Geraldine Acker, University of Illinois foods specialist.

If you eat or serve refreshments and snacks frequently, you may be taking in more calories than you can use.

Save some of your meal (a slice of bread, the salad or even the dessert) and eat it when you feel like a between-meal snack instead of nibbling on nuts, candy or potato chips. In this way, you don't add extra calories to your diet. You just spread the necessary ones over a longer period of time.

You can serve your guests snacks such as fresh fruits, fruit juices, milk or raw vegetables sticks, without adding too many calories and give them valuable nutrients at the same time.

Or serve beverages and small wafers, a help-yourself-tray or a low-calorie dessert. You can find recipes for the latter in several recent magazines. On the whole, these recipes are trimmed down to as little sugar as possible and whipped cream is completely omitted. Non-fat dry milk solids usually substitute for either whole milk or cream.

Remember that foods containing chocolate, butter, cream, sugar and nuts are high in calories.

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MVB:sl
1/25/56

FOR RELEASE WEEK OF JANUARY 30, 1956

Compare Weight, Size Before Buying Cereal

The relationship between weight, size and cost of a package of cereal may deceive you at a quick glance.

Weight, not size, is the important measure of quantity. Large packages often weigh less than small ones so it's best to compare package weights, says Eleanor Huguenard of the University of Illinois foods research staff.

To determine cost value, compare the cost per ounce of cereal rather than the cost per package.

It is also important for you to check the number of servings in the container.

Time is an important element too. It's quicker to prepare ready-to-eat cereals than uncooked ones. But if you open a ready-to-eat cereal and allow it to absorb moisture, it will take extra time to heat it and restore crispness.

Vary your breakfast menus by selecting different cereals each time you shop. This is better than buying excess packages at one time because they are likely to become stale and lose their crispness.

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LAW:sl
1/25/56

for weeklies

Homemaking news



VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 6, 1956

Illinois Home Bureau Federation Elects Seven

The Illinois Home Bureau Federation elected seven new officers and district directors at their 32nd annual meeting during the University of Illinois Farm and Home Week.

Mrs. E. D. McGuire of Makanda is the new president, Mrs. Floyd M. Leonhard of Virginia, second vice-president, and Mrs. Clyde Cheatham of Ava, secretary.

New district directors are Mrs. Charles Pagel, Pecatonica, northwest district; Mrs. Holly Ludwig, Danville, east central district; Mrs. J. C. Quisenberry, Chatham, southwest district, and Mrs. J. P. Bunch, McClure, southern district.

The Federation also adopted their 1956 program of work.

To maintain good citizenship standards, the group will strive to be informed voters by knowing candidates and legislation and understanding election procedures. They will cooperate with established organizations for civil defense.

In the area of international relations, they will increase emphasis and cooperation with the International Farm Youth Exchange Program and continue their work with the Associated Country Women of the World.

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In stressing the importance of adequate education, the Federation will publicize scholarships available to students and also study school finance.

They will promote farm and home safety by studying causes of accidents and eliminating the hazards and promote highway safety by encouraging traffic law observance and practicing highway courtesies.

In furthering 4-H and Rural Youth programs the Federation plans to encourage boys and girls to join the groups, to assist with club leadership and to encourage county support of the 4-H Foundation.

In the area of health, they will cooperate with the Home Economics Extension Service and health agencies in educational programs and activities including those of cancer, polio, heart and tuberculosis. They will try to promote better individual and family health by stressing the importance of periodic physical health examinations and better nutrition practices.

They will also stress family recreation and the use of recreation material at all meetings.

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MVB:sl
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FOR RELEASE WEEK OF FEBRUARY 6, 1956

Build Toys and Know Your Child

Save spools, scraps of material and empty cartons to sew and build play toys with your child's help.

Children need toys that interest them and that are suited to their needs. Often they like homemade toys better than expensive factory-made ones, says Margueritte Briggs, child development specialist at the University of Illinois.

The finished toy should depend more on your child's interest and patience than upon your own adult standards. Don't make the mistake of setting goals too high and expecting too much detail in your child's project. If you do this, your child may lose interest and patience before he finishes the job.

You learn to know your child better when you work and play with him. He learns to know you better and learns to do by doing.

So, as you work and play with your child think more of the companionship you're having than the appearance of the final product.

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FOR RELEASE WEEK OF FEBRUARY 13, 1956

Select Beef for a Specific Use

Whether you serve sirloin steaks to guests or ground beef patties to your family, the food value is the same.

The extra pennies you spend for steaks pay for tenderness and flavor since nutritive value of less tender cuts is the same as that of tender cuts, says Geraldine Acker, University of Illinois foods specialist.

Just as you would not use sirloin for stewing meat, so you should not try to broil a less tender or low-grade cut. When selecting meat at the market, have a specific use in mind. Carefully consider the relative waste and price of different grades and cuts.

If you buy a rump or sirloin tip, think how you'll want to prepare it and for what type of meal you'll serve it. If you entertain you might want to roast it, so prime or choice grade meat would be a good buy. But if you decide to braise it, then good, commercial or utility grades are suitable.

The ribs and loin make up less than 30 percent of the carcass. They are the most tender cuts so are more popular and more expensive. By choosing cuts suited to moist heat cookery, you'll combine economy and good eating because these cuts are less popular and more abundant.

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MVB:sl
2/3/56

FOR RELEASE WEEK OF FEBRUARY 13, 1956

Prevent Polio Now

Many children will be protected from polio this year if the polio vaccine is used widely and in time, says Pauline Brimhall, University of Illinois health education specialist.

To significantly reduce the polio rate in 1956 as many children as possible should be given the Salk vaccine immediately. At least two inoculations should be given before the polio season to provide the best possible protection.

The first inoculation should be given as soon as possible, the second four weeks later and the third seven months to a year after the second.

The Salk vaccine protects people against all three known types of polio virus and has been proven 60 to 90 percent effective in preventing paralytic polio.

According to the U. S. Public Health Service paralytic polio in 1955 was cut by at least 76 percent in vaccinated children as compared with those who received no vaccine.

Since the revised federal safety standards were adopted in the spring of 1955, some 10 million children have received vaccine with a perfect safety record.

Because polio vaccine supplies are limited, children 5 through 14 years will have priority.

If you as parents take advantage of the vaccine's protection NOW there should be a sharp decline in paralytic polio in 1956. See your doctor about when and where to obtain the vaccine.

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LAW:sl
2/8/56

FOR RELEASE WEEK OF FEBRUARY 13, 1956

Handle Glass and Dinnerware Gently

You can use even your best glass and dinnerware often if you remember a few easy things when handling them, says Mrs. Dorothy Twardock, University of Illinois home furnishings specialist.

Wash them right after use to cut down the chances of having permanent stains. Coffee and tea stains are hard to remove if they set very long. If you can't wash the dishes immediately, at least rinse them. Cool water is best for rinsing milk glasses.

Sudden changes in temperature cause crystal to crack. For example, if you put an ice water glass in a pan of hot water the glass will crack.

Rubber scrapers or soft sponges are good tools for scraping dishes. Never use sharp knives. A moderately stiff brush is good to clean elaborate designs because it can get in the deep crevices.

If the dish water is comfortable to your hands, it should be about the right temperature for the dishes. Don't crowd the pan or sink with dishes. A rubber pad or towel in the bottom of the sink and a rubber tip on the faucet lessens the chances of chipping dishes or glasses.

Wash crystal first, then silver, and then china. Hold the bowl, not the stem, in washing and drying stemware.

A dishwasher is good for everyday ware but it's not recommended for fine china and crystal.

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MVB:sl
2/8/56

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 20, 1956

Printed Fabrics Are Tops for 1956

Fashion fingers point to the "Ladylike Look" for 1956. For this special feminine touch, why not use a new printed fabric?

Four types of floral prints lead the way this season, says Myra Baker, instructor in textiles and clothing at the University of Illinois.

First comes the covered print, a massed or allover design of flowers or leaves. Then comes the realistic print, or clusters of floral designs that look almost like real flowers.

Next is the impression print that suggests the outline of a twig or flower. The fourth type, the foliage print, is a profile of leaves or tree silhouettes, as black penline oakleaf shapes.

Prints are colored in light or bright tones. Rose, gold, green and blue are popular print colors this year with natural and white as the background.

This year twin prints occupy a strong place in the fashion picture. For example, opaque silk taffeta and filmy silk organdy, both with the same print, create a feminine picture to complement the 1956 "Ladylike Look."

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MAP:sl
2/15/56

FOR RELEASE WEEK OF FEBRUARY 20, 1956

Select Mover As Carefully As Bank

A moving company needs to be selected as carefully as you select your bank.

Be sure the mover has a well established business with a reputation for good service, says Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house.

In estimating the cost, be sure you understand that the estimate isn't binding on the company. In a fly-by-night company, it's very likely that the estimate will be considerably lower than the final charges. Advance estimates by a legitimate firm are helpful, but even then they may not cover the actual final cost.

For example, in moves from one state to another, rates are based on actual weight of shipment, distance and additional services performed. Therefore, the exact total charge can't be determined until after you move.

Insurance against loss or damage is another thing to check. Laws vary within a city, within a state or between one state and another.

In moves from one state to another, the regulations of the Interstate Commerce Commission usually limit movers' liability to 30 cents a pound for each article. This price isn't insurance, but it does cover the movers' maximum liability if the article is lost or totally destroyed.

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MVB:sl
2/15/56

FOR RELEASE WEEK OF FEBRUARY 20, 1956

Braising Tenderizes Less Tender Meats

Less tender meats should be cooked by moist heat, either by braising or by cooking in a small amount of liquid for a long time, says Virginia Charles, University of Illinois home economics foods research associate.

Excess connective tissue makes some meats tougher than others. Moist heat tenderizes meat without dissolving the connective tissue. If this tissue dissolves, the meat becomes dry or stringy. Long, slow cooking softens the tissues and thus tenderizes the meat.

Braising is recommended for pork and veal chops, steaks and patties and also for the less tender cuts of beef. They require thorough cooking to develop tenderness and full flavor.

For best results when braising, brown the meat in a small amount of fat. Put a tight cover on and simmer slowly in a small amount of liquid, but don't let the liquid boil.

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for weeklies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF FEBRUARY 27, 1956

Separate Ovens Need Extra Counter Space

A separate oven can be a useful and attractive addition to your kitchen if you will observe certain points in installing it.

A well-insulated oven is a must, says Helen McCullough, associate professor of housing research at the University of Illinois. The instructions that come with the oven will tell you about the insulation.

Heat and moisture from an open oven door can stain the wall above the oven. Most oven doors have a metal overhang that helps to deflect the moisture away from the wall. However, you can prevent this trouble by using stainless steel, copper, masonry or ceramic tile on the wall above the oven.

Be sure that you don't sacrifice needed counter space when you install a separate oven. This type of oven plus a surface cooking unit will require more floor space than a range alone. Put the counter top burners where you would ordinarily locate your range.

Remember that you will need a minimum amount of counter space in addition to the counter-top cooking unit. Allow for a space at least 24 inches long, and locate it next to the oven.

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FOR RELEASE WEEK OF FEBRUARY 27, 1956

Separate Oven Installation - 2

By placing the oven so that the lowest rack is slightly below your elbow, you will lessen the chances of burning yourself. You can move dishes from the oven to the counter when the oven floor is at counter height.

Although you can use the area above the oven for storage, it may not be safe to do so because that space is usually too deep and hard to reach. If you do use it, store large, light-weight articles like trays, or utensils that you don't use very often.

Be sure that your oven is vented, installed in such a way that it can be serviced easily and, if electric, correctly wired. Follow the manufacturer's directions for space allowances and for air circulation around the oven.

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FOR RELEASE WEEK OF FEBRUARY 27, 1956

Meat Alternates Vary Lenten Menus

Meat alternates spot your menu during Lent, and they can easily provide an interesting change from usual menus.

Geraldine Acker, University of Illinois foods specialist, gives you some equivalents of 2 ounces of cooked meat without bone that may suit Lenten tastes.

Two ounces of cheese--either American or Swiss--in a sandwich or sauce give the same amount of protein as 2 ounces of lean cooked meat. Two eggs, fried for breakfast or scrambled for a midnight snack, furnish the same protein.

Two ounces of fish substitute equally with the same amount of lean cooked meat.

Three tablespoons of peanut butter will satisfy both an appetite and the protein requirement of 2 ounces of lean cooked meat.

Dried beans are excellent energy sources and are also good protein suppliers. One-half cup of cooked dried peas, beans or soybeans or three-fourths cup of other peas and beans furnishes the same protein as 2 ounces of lean cooked meat.

For health's sake, nutrition authorities suggest that you eat two or more servings of meat, fish, poultry, eggs, dry peas or beans every day.

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FOR IMMEDIATE RELEASE

Lawrence Frank Speaker for Bevier Lecture

Family influence on an individual's personality development will be discussed by Dr. Lawrence K. Frank at an Isabel Bevier lecture March 20 at the University of Illinois.

At present Dr. Frank is a lecturer in the department of planning at Massachusetts Institute of Technology. He is the former director of Caroline Zachary Institute of Human Development and is an eminent psychologist, sociologist and lecturer.

This will be the fifth in a series of lectures made possible through a bequest made by Isabel Bevier for a lecture fund in the University of Illinois Department of Home Economics. Miss Bevier was head of the home economics department from 1900 to 1921.

The public is invited to attend this lecture in Bevier Hall at 8 p.m.

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MVB:sl
2/29/56

FOR RELEASE WEEK OF MARCH 5, 1956

Notify Proper People of Your Move

You and your family aren't the only people who are affected when you move.

If you will notify the proper people at the proper time, your move should go smoothly, says Dorothy Messerschmidt, resident supervisor at the University of Illinois home management house.

Remember to change your address. Your postman or post office will give you change of address cards at no charge. Send your new address to the post office so that they will know where to forward your mail.

Also notify insurance companies, the automobile license bureau, your doctor and your dentist. Local stores where you have accounts, the bank, income tax bureau and magazines and newspapers to which you subscribe should also be notified in advance of your move.

Be sure to have your fire insurance transferred.

Don't forget the paper boy, milkman and other tradespeople who come to your house. Of course you'll tell your friends and business associates your new address.

Call servicemen and have them prepare your refrigerator, range, TV set, washer, dryer, console radio and other such articles for moving. Remember, too, to stop the utilities. Discontinue the telephone, gas, electricity and water in your old home, and arrange for their service in your new home.

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FOR RELEASE WEEK OF MARCH 5, 1956

Clothes Interest Child at 3 Years

Clothes begin to interest a child when he's about three years old.

About this time he becomes interested in what he and his friends are wearing and also wants to dress himself, says Carol Zillgitt, University of Illinois textiles and clothing instructor.

Studies show that a preschool child isn't particularly interested in having his clothing conform with his friends' clothing. He's just beginning to notice clothes in general.

He has a general interest in color at this time and applies it to his garments. He also likes decorations or items that make him feel like a grown-up or like a hero. A few months ago he may have been a Davy Crockett fan, and today he may want a tie like Dad's.

As he nears school age, he begins to discover that clothes are a means of calling attention to himself. If he wants someone to notice him, he may call attention to his new jacket. Or he may insist on wearing his new shoes when visiting a next-door neighbor.

As a three-year-old learns to dress himself, he develops muscular coordination in his hands and fingers. By the time he's ready to begin school, he may have mastered this task and will be proud of his accomplishment.

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FOR RELEASE WEEK OF MARCH 12, 1956

Tours Spot Hospitality Day March 24

Tours of the home management house, home economics cafeteria and textiles, foods and child development laboratories spot the agenda for Hospitality Day March 24.

Sophomore, junior and senior high school girls are invited to attend this seventh annual event at the University of Illinois. Registration will begin at 8:30 a.m. in Bevier Hall, and the program will be completed by 4 p.m.

Nancy Jo Schrader and Carolyn Land, presidents of the home economics council and home economics club respectively, will welcome the guests. Agnes G. Tandberg, associate dean of women, will tell of women's housing and U. of I. social activities. Dr. Janice M. Smith, head of the home economics department, will talk about courses, opportunities and scholarships available to home economics students.

The high school girls may also meet with other home economics staff members and students to ask further questions.

A lunch will be served to 350 guests in the home economics cafeteria in Bevier Hall. Reservations must be made by March 17.

The home economics department sponsors this event each year to acquaint high school girls with the campus, college life in general and various home economics programs.

High school faculty representatives and parents are also invited to attend.

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FOR RELEASE WEEK OF MARCH 12, 1956

Fish Fat Content Helps Determine Cooking Method

The fat content of fish helps to determine the cooking method you should use, says Mrs. Nancy Webb, University of Illinois foods instructor.

White-meated fish, like cod, halibut, haddock and white-fish, contains a low percentage of fat, so you will need to add fat when you cook it.

Pan-frying and deep-fat frying are good methods for these fish. But you can also broil or bake them. If you broil or bake them, you must baste them with melted fat or add bacon strips before putting them into the oven.

If the fish contains a higher percentage of fat, like tuna, salmon and lake trout, you can cook it without additional fat.

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Moderate, Long Cooking Best for Fish

Like meat and poultry, fish is a rich protein food and needs a moderate cooking temperature, says Mrs. Nancy Webb, University of Illinois foods instructor.

Fish should be cooked long enough to develop flakiness. Check doneness by testing the flakiness in the thickest part.

Unlike meat and poultry, fish contains very little connective tissue and can therefore be cooked in a very short time. The small amount of connective tissue causes fish to break easily during cooking. A wide spatula or cake turner will help you turn the fish and remove it to the serving platter without breaking.

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FOR RELEASE WEEK OF MARCH 12, 1956

Dad Is Preschooler's Ideal

Dad is perfection to his preschooler, says Dr. J. Richard Suchman, child development specialist at the University of Illinois.

The child asks "millions" of questions at this time, and Dad seems all-wise. From two to six years is the peak of the father-worship period. The preschooler identifies himself closely with his dad and imitates his talk and actions.

"The child's unbridled imagination builds a fantasy of greatness around Dad that is likely to flatter him," says Dr. Suchman. Dad has to be careful not to encourage too much devotion.

It's natural and inevitable that the child will become increasingly independent of his parents, so any undue, abnormal attachment during preschool years may cause trouble later on.

The preschooler needs confidence which his father can help him gain by accepting the child as he is, encouraging his efforts and praising his accomplishments.

Dad can provide rich but simple experiences at home or in the community. With Dad, the child feels that he is somebody and can do things. "At this age that feeling is very important," says Dr. Suchman.

Cook-out suppers, visits to police and fire stations and other excursions are all valuable in providing new learning experiences and bringing Dad and his child closer together.

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FOR RELEASE WEEK OF MARCH 19, 1956

Save Your Car With Baking Soda

If you don't have a fire extinguisher in your automobile, carry a package of baking soda. It can help you prevent serious fire damage to your car.

Baking soda, says O. L. Hogsett, University of Illinois safety specialist, is the main ingredient used in many chemical fire extinguishers. In the presence of heat, baking soda creates carbon dioxide that settles around the blaze and smothers it.

If your car engine catches fire, throw handfuls of baking soda on it. Baking soda is more effective than sand, salt or dirt and won't damage the engine.

Another place to use baking soda is in the ash trays of your car. A little soda sprinkled in the trays will help to prevent fires and also kill stale cigarette odors.

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FOR RELEASE WEEK OF MARCH 19, 1956

Stay-Stitching Insures Accuracy in Sewing

Stay-stitching is a type of accuracy insurance for garments you sew at home.

Stay-stitching is a line of machine stitching on a cut-out piece of a garment to keep the material from stretching by holding the grain in place, says Fern Carl, University of Illinois clothing specialist.

When you stay-stitch, you keep the cut-out pieces of the garment the same size and shape as the pattern. The pieces then fit together perfectly and the garment fits you better.

You don't need to lengthen or shorten the machine stitches when you stay-stitch; just use regulation stitching. Place the line of machine stitching through one thickness of the material close to the seam line. If the seam allowance is 5/8 inch, stay-stitch 1/2 inch from the edge. Use matching thread.

Stay-stitch off-grain edges that are crosswise or curved. On a shoulder seam, stitch from the neckline to the armhole; on an armhole, from the shoulder down; and on a neckline, from the shoulder to the center front or center back. On a skirt waistline, stitch from the side nearest the hip toward the center front and center back.

Stay-stitch any place requiring further construction. For example, stay-stitch a side placket opening from the lower end of the placket to the waistline. Stitch the side seam of a skirt on the right side the same length as the placket opening.

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FOR RELEASE WEEK OF MARCH 19, 1956

One-Dish Meals Save Time, Add Variety

One-dish meals give you time out of the kitchen and add variety to your menus.

A one-dish meal is one in which you combine either a protein food with potatoes or other vegetable or a meat and potato (or a substitute, such as rice or noodles) and a vegetable, says Mrs. Carolyn Stanley, University of Illinois home economics instructor.

The time element is perhaps one of the biggest advantages in serving this type of meal. You can prepare it ahead of time, refrigerate and bake just in time to serve to your family or a large crowd.

There's no last-minute preparation, except for perhaps a simple garnish. After baking, your one-dish meal is ready for the table in a matter of seconds. With the addition of a green salad, a hot bread and dessert, you have a complete and interesting meal.

One-dish meals not only are a time-saver for you in your home, but are easily adapted to quantity food service. Church or club luncheons often result in last-minute carving and confusion. Perhaps one-dish meals are the answer, for they can be served when they come from the oven at the last minute, piping hot.

If you would like one-dish recipes for family and quantity service, write for "Recipes for One-Dish Meals," College of Agriculture, University of Illinois, Urbana, Illinois.

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Homemaking news

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FOR RELEASE WEEK OF MARCH 26, 1956

Curtains, Draperies Alter Tall Windows

You can make interesting curtains or draperies for tall, narrow windows if you follow the rules.

Dorothy Iwig, University of Illinois home furnishings specialist, says that tall, narrow windows make a room look high. You'll need to emphasize horizontal lines to make the windows appear shorter and wider and the ceiling lower.

Curtains or draperies may hang to the sill, the edge of the apron or the floor. If you make them to hang to the floor, you can cut down on the long over-all offect by extending the rod so that some of the fabric covers part of the wall. Or you can use a cornice board for the same effect.

A horizontal pattern in the fabric will also make the window look wider.

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FOR RELEASE WEEK OF MARCH 26, 1956

Wide-Shoulder, Bust Styles Slim Hips

Styles that add width to the shoulder and bust silhouette tend to slim the appearance of hips.

If your hips are large in relation to the upper part of your body, you might choose a garment with a dropped shoulder line, which gives a horizontal line across the shoulders, says Ellen Hansen, University of Illinois textiles and clothing instructor.

Dolman sleeves, which have fullness under the arm, add width to the upper part of the body. Long, full sleeves aren't good, because the fullness at the wrist falls at the hip level when the arm hangs in normal position.

Three-quarter length or short, full sleeves would be a better choice. However, three-quarter sleeves tend to add width to the waist silhouette.

Besides attempting to add width to your shoulders, try to reduce the apparent width of your hips. If you have a slender waistline, a skirt that flares from the waist gives the illusion that the skirt, and not the figure itself, is creating the width.

If your waistline is not the smallest, a skirt that's flared below the fullest part of the hips will tend to minimize your hip silhouette.

Many women feel that clothes that fit the figure closely make it look smaller. In reality, close-fitting clothes define the body and emphasize its imperfections. So you should wear clothes that fit easily, with no strain.

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FOR RELEASE WEEK OF MARCH 26, 1956

Pack China Carefully to Make Moving Easier

Moving china needn't be a headache if you're careful when you pack it.

For greatest protection, pack china in barrels with two or three inches of excelsior or shredded newspaper on the bottom as a cushion, says Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house.

Wrap each piece in soft paper. Then put packing material all around to protect it from rough bumps.

It's all right to stack dishes in a cupboard. But when you move them, wrap the heaviest plates and dishes first and place them on edge in the box. If you should drop the container, the dishes will not break so easily if they are standing on edge.

When you finish the first layer, add more excelsior so that the pieces of china won't touch each other.

Put medium-sized dishes in the middle layer and the lightest dishes on top. Pad between these layers and at the top of the box with more excelsior.

You can find excelsior, heavy wrapping paper, tissue paper and stout twine at most hardware, stationery or department stores.

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Homemaking news



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FOR RELEASE WEEK OF APRIL 2, 1956

County Scholarship Exams Set for April 28

Illinois high school graduates who are interested in studying home economics at the University of Illinois may win a four-year tuition scholarship by taking an examination on Saturday, April 28.

To be eligible for a county scholarship, a student must be in the upper 50 percent of her high school class or have a 3.5 average from another college.

The examinations are given once a year in the office of the county superintendent of schools. Students who are interested in and qualified for the examination should contact the county superintendent before April 28.

The examination questions are of the objective type. Each candidate must write two of the three achievement tests in social studies, mathematics or natural science.

Each Illinois county has two full tuition scholarships to award each year, one in agriculture and one in home economics. In addition, each county has one general county scholarship and one scholarship for children of veterans, usable in any college in the University.

Students may become candidates for more than one of the scholarships by taking the examination on April 28. Before writing the examination, they should check on the information blank the scholarships for which they wish to compete.

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FOR RELEASE WEEK OF APRIL 2, 1956

Buckram Frames Turn Into Spring Bonnets

A fetching spring bonnet can come from your sewing room as well as from an expensive millinery shop.

Buckram frame hats are the easiest hats for you to make at home, says Mrs. Lorraine Trebilcock, University of Illinois textiles and clothing instructor.

The frames are available at any millinery supply store. Before making a hat, you may try them on so that you can see which style is most becoming to you.

Let your imagination determine the materials for the hat. Just about any material is suitable for buckram hats--from nubby burlap to hand-crocheted braiding. Scraps from a suit or coat stretched over a buckram frame add a matching note to an ensemble.

If you decide to buy new material, millinery material is best because it is designed for maximum stretch. Straw cloth is good for covering buckram frames. Yard goods, such as jerseys, sheer wools and other "stretchy" fabrics, make satisfactory hats.

For detailed information on covering buckram frames, write for "Easy-to-Make Hats," College of Agriculture, University of Illinois, Urbana, Illinois.

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3/28/56

FOR RELEASE WEEK OF APRIL 2, 1956

Slip-On Clothes Easy for Children

A child likes to dress himself, just as he likes to dress a doll.

When your preschool child learns to dress himself, select garments that encourage and help him, says Carol Zillgitt, University of Illinois textiles and clothing instructor.

He may become discouraged easily, so choose garments that are easy for him to manage--ones that he can slip or pull on. One-piece garments are particularly easy for a child to handle. Indicate the front or back with a tape or thread.

Until your child has become used to the idea of dressing himself, you'll be wise to buy or make garments of one general style. For example, try to keep the openings in the same place. Front openings are easier for a child to manage than side ones.

Also, it's good to concentrate on only one type of fastener at a time so that he can master each gradually. Select garments with few fasteners too.

Fastenings tend to be the most difficult part of dressing for children. However, girls are more adept at this job than boys are.

Ample-sized armholes and sleeves make dressing easier for a child and are more comfortable, too.

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FOR RELEASE WEEK OF APRIL 9, 1956

Home Space Needs Topic of IHEA Conference

Have you ever wished for a house with movable partitions that you could adjust to your space needs?

The Illinois Home Economics Association's spring conference on May 5 will tell you of such a house and the reactions of the families who have called it home, says Catherine M. Sullivan, University of Illinois home management specialist in charge of the conference program.

Through the theme, "Your Home--Adventures in Space," you will hear the latest news on space requirements for activities, equipment and storage.

Conference headquarters are the LaSalle Hotel, Chicago, and registration begins at 8:30 a.m. The meeting will close with the luncheon session.

This conference is open to homemakers, home economists in teaching, business and extension and anyone else who wishes to attend.

William H. Kapple, research assistant professor of architecture, University of Illinois Small Homes Council, will report on the space laboratory which has been in use since 1951. Its design and construction allow complete changes of plan in a short time.

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FOR RELEASE WEEK OF APRIL 9, 1956

IHEA Spring Conference - 2

Helen McCullough, University of Illinois associate professor of housing research, will give some space requirements for household activities as found in her recent study. She will also discuss storage requirements for each type of article likely to be stored in a home.

Helen Kendall, appliance director of Good Housekeeping magazine, will talk about space needs for today's equipment. At the luncheon, Edward C. Shauberger of the General Electric Company will speak on color, its relation to space and its use in creating a harmonious and happy home.

Luncheon reservations should be sent to Zoe Coulson, 59 East Van Buren Street, Chicago 5, Illinois.

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FOR RELEASE WEEK OF APRIL 9, 1956

Fashions for Stocky Figures

If your figure tends to be short and stocky, you may think Dame Fashion has forgotten you this spring. But you can alter her slender fancies to fit your figure.

Myra Baker, University of Illinois textiles and clothing specialist, suggests that you let your clothing design lend a helping hand to your figure. With modifications or variations, you can adapt some of this spring's fashions to yourself to get a modified slender-stem look.

To get this slenderizing effect, you will want to reduce your apparent width and increase your height. You can do it--but only to a degree--by breaking up large areas in the clothing design, by covering up least desirable areas and by focusing attention on your most attractive feature.

The elements of design are your tools for achieving the desired effect. Lines--vertical, diagonal and horizontal--are used in seams, pleats and drapings. Spaces, such as yokes, belts, bandings, width of pleats and panel sizes, are created by the lines.

First consider the silhouette or entire outline. The narrow hemline of a sheath or straight skirt shows the original width of the hips. A slightly wider skirt evens the hip width instead of emphasizing it. The space area around the hips can be broken, lengthened out or slimmed down with vertical, diagonal or horizontal lines and spaces.

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FOR RELEASE WEEK OF APRIL 9, 1956

Stocky Figures - 2

A modified version of the slender silhouette is best for the short, stocky woman. Focusing attention on the vertical line direction or on the face and shoulder by using vertical directive devices is usually effective.

Other elements to use are color, value and texture. A bright, warm color tends to increase size, as does a light value. A bulky texture, such as a nubby tweed, also adds pounds to the wearer.

To reduce appearance of over-all size and to increase height, you should avoid striking color, value and texture combinations.

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FOR RELEASE WEEK OF APRIL 16, 1956

Check Facts When Buying Household Equipment

Buy--rather than be sold--new household equipment.

Catherine M. Sullivan, University of Illinois home management specialist, reminds you to use your head and check facts when buying household equipment. Don't buy on impulse just because a salesman's persuasive talk appeals to you on the spur of the moment.

When you have decided to buy a special piece of equipment, check prices in several shops. At the same time, look for features that will give the performance you want. See that the equipment is adapted to the way you plan to use it. Note carefully the workmanship, size, shape, general design and regular and special features.

Decide just what you are paying for. Are the "features" just for "show," or do they provide "built-in maid service"? Also, is the equipment worth its cost to you?

Before you pay your money, check the reliability of your dealer and the availability of service.

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FOR RELEASE WEEK OF APRIL 16, 1956

Buying Equipment - 2

See if the piece of equipment has a guarantee or warranty. And know the difference between the two. An electrical magazine defines them as follows:

A warranty by the manufacturer is a promise to replace at the factory a part or unit found to be defective.

A guarantee implies diagnosing the failure of an item and furnishing the labor required to replace the part and put the equipment into operating condition.

Some five-year warranties include labor for the first year only, others for the five years. Guarantees may be limited to certain parts of a piece of equipment, not to the entire unit.

Read as many articles and talk to as many people as you can about a piece of equipment before you make a final decision to buy. Just remember that no one source has the answer.

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FOR RELEASE WEEK OF APRIL 16, 1956

Books Progress With Child's Maturity

Your child's books should grow up with him.

Mrs. Millicent Martin, University of Illinois child development instructor, says pictures mounted on heavy cardboard are the first type of "book" to give your child.

After he learns to handle the pictures, you can mount them on thinner cardboard, such as cardboard from shirts as they come from a commercial laundry. But keep the pages separated so that he can turn them easily.

In a few months, he'll be ready for scrapbooks. These are similar to his first "books" except that they are fastened together. Curtain shades furnish good material for this type of book. You can also paste pictures on medium-weight cardboard so that the pages won't tear if he bends them. You can fasten them with colored or plaid shoe strings or yarn.

Include your child in the project as much as possible. You might let him decide what color of string to use in the scrapbook.

He will enjoy the book more if it covers only one subject and if it is only four to six pages long. It's usually best to have one picture on a page.

When he learns to handle scrapbooks carefully, he is ready for commercial picture books. If you don't always have time to read the story about the pictures to him, he will probably make up his own story.

From picture books, your child is ready for conventional story books.

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FOR RELEASE WEEK OF APRIL 23, 1956

Tender Asparagus Tips Ready for Freezing

Prepare some asparagus for tonight, and freeze some for fall.

Freezing tender asparagus now is a sure way of serving it again to your family, come fall or winter.

Frances O. Van Duyne of the University of Illinois foods research staff reminds you to select only the highest quality asparagus for freezing.

Although freezing doesn't improve the quality of a vegetable, if you select and handle the asparagus carefully you should have a good product a few months from now.

Use only the tender portions of the stalks. Break the spears as low on the stalks as you can. They will snap between the tender and the woody portion.

Wash thoroughly to remove all dirt. It may be necessary to take off some of the larger bracts, because sand often lodges behind them. Discard all injured, bruised or tough stalks.

Cut the tips either into lengths to fit the cartons or into pieces one inch long, and blanch. Use a wire basket or sieve for blanching.

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FOR RELEASE WEEK OF APRIL 23, 1956

Tender Asparagus - 2

Each pound of asparagus should be blanched in six quarts of boiling water for 3 minutes. Count the time from the moment you put it into the water. If you have a larger container, you can blanch two pounds in 12 quarts of water for the same length of time.

Keep the kettle covered during the blanching period, and heat the water continuously. Usually the water won't boil again while the vegetable is being blanched.

Lift the basket or sieve out of the water after 3 minutes, and plunge into a large container of cold water. Place under a cold water faucet to cool quickly. Three minutes is the recommended cooling time.

Then drain thoroughly and pack into freezing cartons or bags. Seal, label and store at 0° F. or lower.

To get the best quality, you should plan to use frozen asparagus sometime before the next season.

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4/18/56

FOR RELEASE WEEK OF APRIL 23, 1956

Disease Versus Accidents

Accidents kill more children than disease does.

This is a tragic fact of modern American and is also true of rural Illinois, says O. L. Hogsett, safety specialist at the University of Illinois.

It's up to parents to immunize their children against accidents as they would against disease. This means using a generous amount of foresight in spotting hazards before accidents happen either inside or outside the home.

Mothers need to train their children to play away from livestock, tractors and other farm machinery. They should be with their small children as they play at farm ponds or water tanks or else keep the children away from these water spots.

About 6,000 children of elementary school age (5-14 years) die every year from accidents--a total far outranking any other cause of death in this age group, including cancer, polio, heart disease, pneumonia and influenza.

It's the unguarded moments in your and your child's lives that kill. Always to safety conscious and alert, says Hogsett.

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4/18/56

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Homemaking news

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FOR IMMEDIATE RELEASE

Appliance Director Speaks at IHEA Meeting

A preview of tomorrow's home appliances is on the agenda for women attending the Illinois Home Economics Association spring conference on May 5 at the LaSalle Hotel, Chicago.

Mrs. Helen W. Kendall, appliance and home care director for Good Housekeeping Institute, will tell of trends in equipment design, new equipment coming to the market (including the electronic range) and space needs for today's equipment.

Although home builders largely determine the size and shape of kitchen cabinets and appliances, Mrs. Kendall believes they recognize a missing partner--the homemaker who works in the kitchen and with the appliances. When women learn to express themselves to builders, Mrs. Kendall says the two can work together effectively.

Other speakers carrying out this year's theme, "Your Home--Adventures in Space," are E. C. Shauberger of the General Electric Company, speaking on color in today's kitchens; William H. Kapple of the Illinois Small Homes Council, telling of the "space laboratory"; and Helen McCullough of the University of Illinois housing research staff,

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FOR IMMEDIATE RELEASE

Appliance Director Speaks at IHEA Meeting - 2

giving progress reports on her research in storage requirements and space needs to work in today's homes.

This conference is open to homemakers, home economists in teaching, business and extension and anyone else who wishes to attend. Registration begins at 8:30 a.m., and the meeting closes with the luncheon session.

Luncheon reservations should be sent to Zoe Coulson, American Meat Institute, 59 East Van Buren Street, Chicago 5, Illinois.

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MVB:sl
4/25/56

FOR IMMEDIATE RELEASE

Note to Editor: Background material for Illinois Home Economics Extension Week April 29 to May 5 is included in the following story. Contact your county home adviser for local information.

Illinois Home Ec Extension Week

More than 53,000 Illinois homemakers will observe Home Economics Extension Week April 29 to May 5 this year. This marks the 41st year of home economics extension work in Illinois.

It is held in connection with National Home Demonstration Week,and the theme is "Today's Home Builds Tomorrow's World."

The Cooperative Extension Service of the U. S. Department of Agriculture, the University of Illinois College of Agriculture and county home bureau units work together to strengthen home and family life by helping women become more efficient homemakers and more effective citizens in their communities, state and nation.

With the aid of county home advisers, University specialists and more than 32,000 homemakers serving as local leaders, women throughout Illinois receive training and information in all areas of homemaking.

At the beginning of the program year, the women select their program according to their needs and desires. Lessons on foods and nutrition, child development, family economics, marketing and consumer buying, public affairs and other areas of interest are included in regular monthly meetings.

Community projects such as cancer drives, blood banks and loan libraries compose an important part of the home bureau program. The women serve on local and county committees for health, rural schools and legislation. The groups also sponsor 4-H Club work.

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MVB:sl
4/25/56

FOR RELEASE WEEK OF APRIL 30, 1956

Floribunda Roses Are Hardy Type

If you're looking for a hardy rose for your garden, you may be interested in the floribundas.

Charles E. Ackerman, University of Illinois floriculture instructor, says that floribunda roses are hardy and will tolerate more neglect than most other types of roses.

These roses bear their flowers in clusters, and the individual blooms resemble those of the hybrid teas. The floribundas are gaining popularity throughout the country.

The better floribunda varieties according to the American Rose Society are the red, Donald Prior, Red Pinocchio, Siren and Frensham; pink, Rosenelfe, Betty Prior, Vogue, Ma Perkins and Fashion; and white, Summer Snow, Dagmar Spaeth and Irene of Denmark.

MVB:sl -30-

Polyantha Roses Grow in Troublesome Areas

Polyantha roses may be grown in areas where it is difficult to grow hybrid teas.

Polyanthas are hardy roses, and their chief uses are in bed plantings, in borders or in mass plantings, says Charles E. Ackerman, University of Illinois floriculture instructor.

They are distinguished from the floribundas by their smaller flowers borne in large clusters. The floribundas also grow in clusters.

According to the American Rose Society, Cameo, light salmon; Carol Ann, orange pink; and Cecile Brunner, light pink, are the better varieties of polyantha roses.

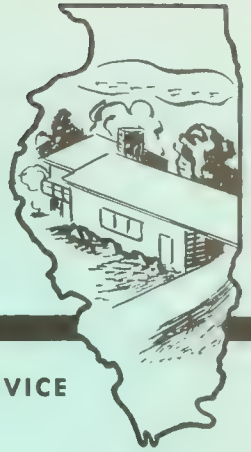
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MVB:sl
4/25/56

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MAY 7, 1956

Active Parties Tops With Grade Schoolers

Parties with active games and events score a big hit with grade-school children.

Children of this age are active and interested in group activities, so keep this point in mind when planning parties with them, says Margueritte Briggs, University of Illinois child development specialist.

Cutting, pasting, drawing and modeling clay are usually favorite activites with them, whether they are at a party or playing by themselves at home.

If you let children play grown up, be sure to have enough articles for everyone--old purses, clothes, curtains, shoes, hats and other garments.

They like to play games with music and action and hear stories of adventure--if they're well told or read.

Warm summer days offer fine possibilities for parties, since children of this age enjoy weiner roasts, picnics and yard parties where they have plenty of freedom and can move about as they please.

Grade-school children are also old enough to enjoy some riddles, tricks and jokes.

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MVB:sl
5/1/56

FOR RELEASE WEEK OF MAY 7, 1956

Plant, Care for Roses Carefully

Careful planting and skillful care after planting will produce healthy roses, says G. M. Fosler, University of Illinois floriculture instructor.

If you buy rose plants growing in containers, select good-quality plants and buy from a dealer who guarantees his plants. Top grade roses are guaranteed to bloom the first year, while low-grade plants are usually sold without reference to quality. Bargain roses are often low-grade roses.

Water rose bushes frequently. Pinch off side buds before they begin to show color. If the buds are removed, the plant can give more of its energy to growing a few big blossoms.

Feed the bushes with a liquid fertilizer every two weeks. Mulching improves the condition of the soil and retards evaporation of water. It also decreases the time needed to care for the roses, since weeds are held down. Cover the bed with a thin layer of peatmoss or other mulching material.

Spraying or dusting the plants every week is important. Captan is effective for diseases known as blackspot and rust. Sucking and chewing insects are destroyed by using malathion.

Cutting should be done carefully. Cut full-bloom roses so that the plant's strength can be used for new buds and flowers. Cut above the first five-leaflet leaf. Next year you may lengthen the stem.

A good general rule is never to cut more foilage than necessary.

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LR:sl
5/1/56

FOR RELEASE WEEK OF MAY 7, 1956

Keep Rugs Clean--Starve Moths and Carpet Beetles

Good housekeeping will protect your rugs and carpets, according to H. B. Petty, entomologist, University of Illinois College of Agriculture and Natural History Survey. Both clothes moths and carpet beetles are attracted by lint and hair, so do not allow it to accumulate.

Vacuuming regularly and thoroughly along the edges of wall-to-wall carpeting and beneath all furniture should be the rule. Pay special attention to closet corners, areas around radiators, baseboards, mouldings and other hard-to-reach places.

You can protect your rugs and carpets by spraying them with a 5% DDT oil solution every 12 to 18 months. Use 1½ to 2 quarts for a 9 x 12 foot rug, and be sure to spray the edges of the wall-to-wall carpeting as well as the center area. Or you may use a fluoride solution instead of the DDT. Be sure to follow the manufacturer's directions exactly.

Quality commercial rug cleaning will destroy larvae, eggs and adult insects. However, if you wish to protect the rug or carpet against reinfestation, ask for a special treatment.

If you are planning to store rugs and carpets commercially, inquire about protection. Most commercial companies do protect against insect damage. If you store the rugs at home, spray them thoroughly with a 5% DDT oil solution or a fluoride solution, or use a 10% DDT dust.

For detailed information on the control of clothes moths and carpet beetles, send for a copy of the University of Illinois publication, "Clothes Moths and Carpet Beetles," 331 Mumford Hall, Urbana, Illinois.

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JEH:sl
5/1/56

FOR IMMEDIATE RELEASE

Illinois Home Advisers Elect Officers

URBANA--Marjorie Jean Tabor, Belleville, is the newly elected president of the Illinois Home Advisers' Association.

Mary Husted, Monmouth, has been named secretary and Mrs. Grace Wepner, Havana, second vice-president of the association. Anna Betty Huck, Mt. Vernon, and Mrs. Elaine Wendler, Edwardsville, will continue to serve as first vice-president and treasurer during the 1956-57 year.

The new officers were elected at the spring meeting of their association, held in connection with the home economics extension conference.

One hundred fifteen home advisers and assistants attended the spring conference on the University of Illinois campus. The meeting was keyed to new developments in the fields of clothing and textiles and home furnishings. Also included were tips on preparing for a fashion revue, considerations in buying floor coverings, an insight into understanding one's self and others and a report of the national research committee in home economics.

Home advisers and their assistants work with homemakers in 101 Illinois counties and are responsible for the home economics extension work carried on in the state.

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MVB:sl
5/11/56

for weeklies

Homemaking news



VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MAY 14, 1956

Teen-Ager Needs Parents' Confidence

Parents often think teen-age children are as changeable as the weather, but this needn't be a source of worry.

Twelve- to 18-year-olds usually baffle their parents because they alternate between demands for more freedom and a return to child-like behavior, says J. Richard Suchman, University of Illinois child development specialist.

Parents are often bewildered at this time in their roles in a child's life.

"The adolescent needs to know that his parents are behind him all the way," Suchman says. "He should feel that he really rates at home."

He rates love, respect, responsibility, time and companionship. Since he is likely to interpret criticism as a sign that he doesn't rate in his parents' eyes, the criticism should be constructive.

A teen-ager's rebellion fulfills his need of proving his independence. He may do this by ignoring his parents or showing disrespect for them, or he may deliberately disobey them.

However, this isn't the time for the iron hand. The teen-ager needs patience and understanding and the guidance that comes only from a close relationship with his parents.

He also needs Mom and Dad to set good examples as parents, adults and citizens.

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MVB:sl
5/9/56

FOR RELEASE WEEK OF MAY 14, 1956

Common Sense in Mushroom Hunting

It's mushroom season again, and here are a few precautions to observe in gathering them. Anyone who uses common sense can gather mushrooms with perfect safety, says O. L. Hogsett, safety specialist at the University of Illinois.

Most hunters commonly gather four kinds of mushrooms: the giant puffball, meadow, morel and oyster mushrooms.

The giant puffballs are white, round, conspicuous objects that cannot be mistaken for any other mushroom, as there is no stem running through them. If a puffball is white all the way through and no stem runs through the meat, it is safe to eat.

The meadow mushroom is grown commercially. You can learn about this mushroom by buying a few at a store and examining them.

The morel mushroom, better known as the sponge mushroom, is the most commonly hunted. Once you have seen this sponge-like mushroom, you can distinguish it from the common toadstool at a glance.

The last of the "big four" is the oyster mushroom, so called because of its shape. It is also called log or wood oyster because it grows in wooded areas. Like the other varieties, it is easy to identify. The stem is not attached to the center of the cap, but laterally to one side. Its most distinctive features are the gills that run down into the stem.

You can enjoy mushroom hunting through the seasons with perfect safety if you learn to identify the eatable "big four."

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OLH:sl
5/9/56

FOR RELEASE WEEK OF MAY 14, 1956

Leisurecraft and Counseling Camp Set for 1957

Mrs. W. S. Harris, Urbana, has been named chairman of the 22nd annual Leisurecraft and Counseling Camp, set for May 13-18, 1957, at Allerton Park, Monticello, Illinois.

New information chairman is Hugh J. Wetzel, Champaign. Richard Muhleman, Mt. Pulaski, is the third member of the executive committee.

Leisurecraft and Counseling Camp offers training in counselings, crafts and recreation to leaders of all groups. Leaders in scouts, 4-H, churches, farm and home bureaus and community centers are a few of the many people who attend this camp.

On the continuation committee for camp planning and execution for 1956 are Howard Baker of Lostant, Fred Haegele and Lillie Fishel of Tolono; for 1957, Fred Blackburn of Salem, Harvey Gaither of Lacon and Alice Schorfheide of Nashville; for 1958, Ray Olson of Moline, Lorennie Berry of Monticello and Don Wise of Macon.

Alternates are Marguerite Whiting of Mahomet, Mrs. Alma Giese of Tolono and Mrs. Nellie Todd of Earlville.

The ex-officio committee, comprised of past chairmen of Leisurecraft and Counseling Camp, includes Sam Buck, Aledo; D. D. Ellinwood, Maroa; H. R. Halfyard, Naponset; E. D. Lyon, Monticello; E. H. Regnier, Urbana; Walter Theobald, Clinton; Mrs. Harry S. Stengel, Lanark; Ed Dalhaus, Waukegan; and Howard Baker, Lostant.

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MAP:sl
5/8/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF MAY 21, 1956

Home May Be Sweet--But Not Safe

Poets and song writers aren't facing facts when they idolize home as a safe and peaceful retreat from a troubled world, says O. L. Hogsett, University of Illinois safety specialist.

Past accident figures, indicate that about 4,000 farm residents will be killed in home accidents this year. And falls will cause the biggest share of this number.

Eighty percent of all falls occur on the same level. Most falls are caused by such personal factors as hurry and carelessness, taking chances or unsuspected hazards.

Some common home accident hazards include stairs used as a storage place for everything from food to dust mops, throw rugs at either the head or the foot of stairs, stairways with no handrail or with poor lighting, boxes on chairs to reach high places and grease or other liquids spilled on the floor.

Removing these hazards plus avoiding the "human factor" will help you stay off the accident list.

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OLH:sl
5/16/56

FOR RELEASE WEEK OF MAY 21, 1956

Buffets, Casseroles Go Hand in Hand

Entertaining the buffet way affords a chance to dramatize your favorite casserole dish in a guise that's easy to prepare and tasty to eat.

Although the buffet-style meal isn't new, it's the easiest way to serve if you're short of help and allows time to visit with your guests.

Mildred Bonnell, University of Illinois restaurant management instructor, says buffets can be attractive and also enjoyable for your guests because of their informality and the choice of variety and quantity of foods.

A main dish served from the casserole in which it was baked retains its heat and is therefore ideal for buffet service. These casserole entrees usually include noodles, spaghetti or rice combined with meat or some other protein.

Garnishes add an interesting note to standby casserole dishes. Fried apple rings with the red skins left on are a fine complement to a sweet potato and ham casserole. Slivers of ripe olives or sliced stuffed green olives or toasted almond halves sprinkled on a spaghetti dish introduce a slightly different flavor and texture.

An unusual-shaped pie crust or biscuit topping turns a meat or chicken pie into a party food.

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MVB:sl
5/16/56

FOR RELEASE WEEK OF MAY 21, 1956

Child Should Have Own Library Space

Let your child have his own book space or share yours with you, and he will begin to appreciate and value books, says Mrs. Millicent Martin, University of Illinois child development instructor.

His library space might be in his room, the living room and other places where you keep your books--he doesn't have to keep them in one place. He can keep some in each place, but he should keep them neatly in each.

Regardless of where his books are, he should have his own shelf space--not put them in a toy box. It should be easier for him to keep the books picked up if he stores them on a shelf. Shelf storage is also better for books than a toy box or other place where they may be torn.

If you keep the library space separated from the play area with its crayons and paints, the child will be less likely to mark in the books.

Some accidents are to be expected, but children should learn to handle all books carefully. Then when they look at an adult or expensive book, they will be less likely to damage it.

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MVB:sl
5/16/56

for weeklies

Homemaking news



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FOR RELEASE WEEK OF MAY 28, 1956

Water-Proof Versus Water-Repellent Coats

So you're looking for a new raincoat. Will it be water proof or water repellent?

Florence King, University of Illinois textiles and clothing instructor, says the way you plan to use the raincoat determines whether it should be water proof or water repellent

If you're outdoors a great deal, a water-proof raincoat will probably be your best buy. But if you're looking for a raincoat to wear only occasionally, a water-repellent coat will be better.

In water-proof raincoats, rubber, oil, plastic or resinous compounds are used to close the openings between the yarns of the fabric. Since these openings are closed, water can't pass through them. This treatment also makes the raincoats hot, because perspiration can't evaporate from your body.

The water-proof treatment causes the fabric to become stiff, and this stiffness increases with lower temperatures. But it is the best treatment for garments worn in heavy rain.

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Water Proof vs. Repellent - 2

The water-repellent finish doesn't completely close the fabric openings. Therefore air can circulate and the garments are more comfortable than water-proofed ones.

The two types of water-repellency treatments are called durable and water-resistant. Durable water-repellent garments are dipped into or sprayed with a water-repelling chemical solution that makes fabrics resistant to wetting. This solution penetrates the fibers and becomes part of them.

Water-resistant fabrics are treated with paraffin, wax or an aluminum stearate compound which washing or dry cleaning will remove to some extent. These fabrics repel water for a limited time only. They may, however, be re-treated so that they will again repel water. But they will never be like new because the fabric openings enlarge and the seams spring slightly, allowing moisture to pass through.

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MVB:sl
5/22/56

FOR RELEASE WEEK OF MAY 28, 1956

Key Stories to Child's Maturity

Key the stories you read or tell your child to his maturity, says Mrs. Millicent Martin, University of Illinois child development instructor.

The first stories a young child understands are those told in the present tense. These are a slight elaboration of everyday happenings--things he sees around him and does himself.

Next he is ready for stories about things he's done recently. These might include a trip to the grocery store with Dad, a walk in the park, a visit to a farm or a family picnic.

In a few more months, he can understand and appreciate single picture stories. He'll enjoy having you tell the story about the pictures. But if you are busy, he will probably entertain himself by making up his own story.

Then you can combine these elements and read or tell him a conventional story.

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MVB:sl
5/22/56

for weeklies

Homemaking news



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FOR RELEASE WEEK OF JUNE 4, 1956

Familiar Subjects Best for Child's Books

Common activities and events are the best subjects for books for your preschool child, says Mrs. Millicent Martin, University of Illinois child development instructor.

Everyday happenings are natural subjects for children's books. These include stories of children eating, dressing themselves and playing with other children.

Animal stories are among children's favorite subjects and most of these stories are suitable for them. Stories about trains, boats, planes and other means of transportation also interest preschoolers.

The milkman, mailman, bus driver and other familiar people usually lend themselves to interesting and informative children's stories.

Stories about schools and their activities prepare children to some extent for school.

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MVB:sl
5/28/56

FOR RELEASE WEEK OF JUNE 4, 1956

Punch Helps Carry Out Party Theme

A cool, sparkling punch can help carry out a party theme as well as serve as the refreshment.

Mrs. Carolyn Stanley, University of Illinois home economics instructor, suggests you try a fruit punch with an iced tea base for a summer wedding reception. This punch is made of cold strong tea, fresh lemon and orange juice, a sugar and water sirup and chilled gingerale.

You can garnish it with orange sherbet. Or if you want to give it a green tint, use lime juice for the lemon juice and lime sherbet instead of orange sherbet.

To carry out a bride's pink color scheme, you could use a raspberry punch. For this punch you'll need red raspberry sherbet, vanilla ice cream, pineapple juice and cold gingerale. Remember you can always make it a deeper red by adding a few drops of food coloring.

Garnished ice cubes add a gay note to many fruit drinks. Fill an ice cube tray about two-thirds full of water. Boiled water tends to make the cubes clear. After the water freezes, add an orange, lemon or lime wedge, canned pineapple tidbit, fresh berry, cherry or grape. Finish filling with water. Freeze again and use as you need them.

If you would like recipes for these and other punches, write for "Recipes for Party Punches," 206 Bevier Hall, University of Illinois, Urbana.

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MVB:sl
5/28/56

FOR RELEASE WEEK OF JUNE 4, 1956

Only Best Berries Rate Freezing

Bright, flavorful strawberries for your freezer today insure top-quality berries for your table this fall or winter.

Frances O. Van Duyne of the University of Illinois foods research staff says that perhaps selecting firm, ripe berries is the most important thing in freezing strawberries.

Handle the berries carefully at all times. Sort and keep the best ones for freezing. Wash by putting not more than a quart in a colander at a time and raising them gently up and down in cold water. Drain well and remove hulls.

Slice into a bowl or shallow pan. Sprinkle sugar over the berries using one cup sugar to five cups sliced or crushed fruit. Turn the berries over and over gently until the sugar dissolves and juice forms.

Although you can freeze strawberries without sugar, Miss Van Duyne says University of Illinois research studies show that strawberries packed with sugar are more desirable. In recent years, strawberries packed without sugar have been rated "fair" in the foods research laboratory, while those packed with sugar have been rated "good."

Pack berries in container and leave one-half inch head space. Seal and be sure seal is watertight. Label container and give date of freezing. Freeze and store at 0° F. or lower.

Strawberries are best when served just before they are completely thawed.

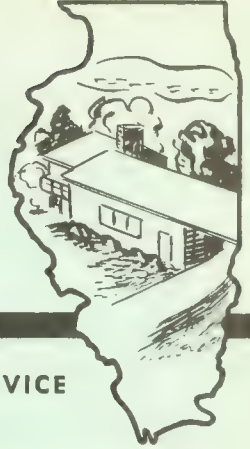
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MVB:sl
5/28/56

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FOR RELEASE WEEK OF JUNE 11, 1956

Cardboard Handy for Packing Suitcase

How you pack for a trip can be as important as what you pack.

Myra Baker, University of Illinois textiles and clothing instructor, suggests using a cardboard cut the size of your suitcase to separate the layers. When you remove an article, take out the entire layer and you won't mix up other things in the suitcase.

Tissue paper is a packing helper, but don't wad it. Pleat it like an accordion and place in the garment folds. In this way it takes pressure and prevents wrinkles from forming.

Try to avoid excessively full skirts for traveling. But, if you must take one, it's best to roll-pack it. Fold it lengthwise on several sheets of tissue paper. Then roll it crosswise with the tissue on the outside. When you unpack, the skirt will be nearly creaseless.

Of course you'll unpack your clothes as soon as possible after you arrive. Steaming them in the bathroom will remedy many wrinkle problems. But if you want the garments to stay unwrinkled, be sure to let them dry completely after steaming before you wear them.

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MVB:sl
6/5/56

FOR RELEASE WEEK OF JUNE 11, 1956

First Check Recipe for Clearness

Whether a neighbor gives you a recipe from her favorite family cookbook or you clip a new one from a magazine, Mrs. Carolyn Stanley, University of Illinois home economics instructor, suggests that you test it for clearness before you prepare it.

The easiest recipes to follow list all ingredients at the beginning. When the ingredients are listed throughout the recipe alternately with the directions, you may get started only to find that you don't have everything you need.

Mrs. Stanley says it's easier to make sure you haven't omitted any ingredients when they are listed in the order in which you use them.

The ingredients should be clearly explained too. For example, when the kind of baking powder isn't given, you don't know whether to use a single- or double-acting type. Some recipes may not say whether to use "one cup flour, sifted" or "one cup sifted flour."

Whether you measure flour before or after sifting can make quite a difference in the finished product.

A clear recipe should also explain the directions, using as few words as possible. Numbering the steps in preparation usually helps in following a recipe.

The recipe should also give specific directions regarding size of pan, exact oven temperature and approximate cooking time.

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MVB:sl
6/5/56

FOR RELEASE WEEK OF JUNE 11, 1956

Best Vacations Stem From Family Council

Whether you vacation on a sunny sea coast, in brisk western mountains or in a comfortable easy chair at home, your family vacation should stem from a family council, says E. H. Regnier, University of Illinois rural recreationist.

Ideas may vary on the "best" vacation for the family. After each person expresses his opinion, it's possible that a vacation can be planned to include some of everyone's ideas.

Mother should be given top consideration in vacation planning. Usual cooking and housekeeping, with perhaps inadequate equipment, may mean that she will need a real vacation when she gets home. If she doesn't have a good time, chances are that her spirits may affect everyone else's.

Teenagers may prefer that an out-of-town vacation be short, especially if there are no others of their age in the party.

After considering all angles, you may decide that a vacation at home is best for your family. Home should be more than a filling station or a rest stop, and it can become just that during the busy winter months.

A vacation at home can include landscaping, day-camping, park and playground programs or anything else that includes and involves the entire family.

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MVB:sl
6/5/56

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homemaking news

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FOR RELEASE WEEK OF JUNE 18, 1956

Check List for Picnic Supplies

In the scurry of leaving for a picnic, it's wise to check your list of cooking and serving equipment.

A long-handled frying pan, tasting forks, ladles and a hinged wire broiler are musts if you plan to cook outdoors, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

A pair of pliers, can and bottle openers, pot holders and gloves are necessary items that are oftn overlooked. A sharp knife, which can be a jack knife, and a cutting knife should be included in every picnic basket.

To cook one-dish meals, you'll need a heavy metal kettle with a tight-fitting lid. And don't forget the salt and pepper shakers.

Check plastic bags, tablecloth, plates, cups, knives, forks, spoons, paper napkins, towels and newspapers off your list as you pack them.

To clean up, of course you'll need dish towels and cloth, soap, matches and a scouring pad. A bucket is handy for carrying things, and you can use it later for washing dishes.

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MVB:cm
6/13/56

FOR RELEASE WEEK OF JUNE 18, 1956

Analyze Old Shoes Before Buying New

By analyzing your present shoe wardrobe, you can wisely decide what kind of shoes to buy.

Ellen Hansen, University of Illinois textiles and clothing instructor, says to evaluate your shoes on the basis of style, material, color and height of heel.

The styles of your shoes should match your activities, just as your clothes do. If you walk a lot, you will probably want to choose an oxford or pump-style shoe with a low or medium heel. You'll also need dressy and evening shoes for certain occasions.

Materials are important in planning a shoe wardrobe. Calf and kid are good throughout the year; patent leather, linen and straw are worn chiefly in spring and summer; suede and velvet are for winter.

Color too is seasonal. White, beige and pastels are designated for spring and summer. Brown, except in lighter tones and in combination with other colors, is usually reserved for winter. Black and the darker bright colors, such as red and green, may be worn in any season. Navy also is now being worn throughout the year.

The material and color of your shoes depend not only upon the season, but upon the styles, colors and fabrics in your clothing wardrobe. Miss Hansen reminds you to consider all of these factors when buying shoes.

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MVB:cm
6/13/56

FOR RELEASE WEEK OF JUNE 18, 1956

Eat Outdoors Safely

With the picnic season here, now is the time to observe some simple precautions to insure safety along with fun, says O. L. Hogsett, safety specialist at the University of Illinois College of Agriculture.

Don't prepare food that spoils easily--cream pies, fish and egg salads, mayonnaise dishes, sauces, gravies and creamed dishes. To be safe, such foods must be kept cold until eaten.

If you prepare this kind of food, pack it in ice. If you're doubtful about keeping it cold, don't take it.

Sometimes there is no safe drinking water near the picnic spot. If you remember to take your own water, you won't take any chances.

It's also a good idea to put a first-aid kit in with your picnic supplies. Include materials for cuts, burns, insect bites and poisons from such plants as poison ivy, etc.

Before you leave the picnic area, be sure your campfire is out and clean up all garbage, leaving the grounds clean.

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OLH:cm
6/13/56

FOR IMMEDIATE RELEASE

A New Beef Grade Is Added

Have you seen the new grade of beef, U. S. Standard, on the market this month? This new grade comes between U. S. Good and U. S. Commercial, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

Under the new grading system, young beef animals with a limited amount of fattening will be graded Standard. The older animals will still be graded U. S. Commercial and will be less tender than the Standard cuts.

To cook the new Standard grade beef, use moist heat and cook slowly for a rather long time to get the most tenderness.

You may want to review the grading scale used by the U. S. Department of Agriculture--U. S. Prime, U S. Choice, U S. Good, U. S. Standard and U. S. Commercial.

Prime and Choice, both tender and fattened cuts, produce most of the steaks and roasts eaten. U. S. Good, which is not so heavily fattened, is next in the scale. The new U. S. Standard is just below it, followed by the U. S. Commercial.

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VT:sl
6/20/56

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 21, 1956

First Aid Kit Is Good Travel Insurance

URBANA--When you're traveling, a first aid kit and first aid handbook tucked into your glove compartment helps to insure a safe and happy trip, says Pauline Brimhall, health education specialist at the University of Illinois.

With first aid equipment you can treat minor cuts, insect bites or sunburn on the spot, and you won't need to delay your trip.

Your travel medicine kit should include such basic supplies as gauze, adhesive tape, scissors, sterile bandages and a mild antiseptic. If you're headed for the beach or the woods, you may want to add sunburn ointment and insect repellent.

If anyone in your party needs special medicine, take enough for the entire trip.

If someone becomes ill, the nearest hospital or office of county or city medical society can give you information about doctors. Many towns have physicians' telephone exchanges that help get medical attention in an emergency.

But to treat minor accidents or cuts, a travel first aid kit and first aid handbook should be sufficient.

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MVB:cm
6/18/56

FOR RELEASE FRIDAY, JUNE 22, 1956

Sandwiches in Freezer Handy for Picnic

URBANA--Since summer outings are often spur-of-the-moment ideas, why not keep some sandwiches in the freezer so that you'll be ready to go?

Mrs. Dorthy McIvor, University of Illinois foods specialist, suggests spreading each slice of bread with softened butter or margarine, since mayonnaise and salad dressing soak into the bread.

Choose fillings from an array of canned or cooked meats, cheese, eggs or fish. Add celery, carrots, tomatoes and lettuce when you're ready to eat the sandwiches, because they wilt somewhat if frozen. Hard-cooked eggs freeze better when chopped than when sliced.

If you make more than one type of sandwich at a time, wrap them securely in a freezer wrapping, and label each one.

Sandwiches pack best in a freezer when stored together. If you freeze a few at a time, put them in an ice-cube tray. But if you freeze quite a few, a box is a handy container.

Frozen sandwiches thaw in 3 to 3 1/2 hours, so you can usually take them from the freezer and pack them in the lunch box and they'll be ready for lunch.

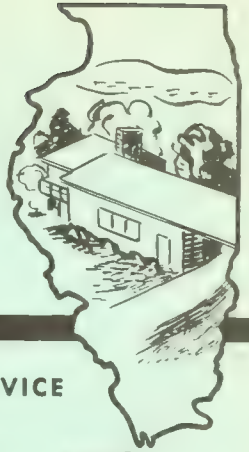
Sandwiches keep two or three weeks in a home freezer or in the freezing compartment of a refrigerator.

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for weeklies

Homemaking news



VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 25, 1956

Round up Entries for Fairs

If your family or community, has any accordion or boccie ball players, antique auto enthusiasts, baton twirlers, dahlia growers, horseshoe pitchers or rug hookers, E. H. Regnier, University of Illinois rural recreationist, suggests that you urge them to enter the county and state fairs.

With your cooperation, these fairs will be events for you to take part in rather than ones at which you merely spend money for the concessions, says Regnier.

There's still time to prepare for your county fair, which will serve as a warm-up for the Illinois State Fair, August 10-19 in Springfield. Most entries for State Fair close August 1, but some events call for registration or competition the day of the final event

For information on your county fair or State Fair, see your farm or home adviser.

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FOR RELEASE WEEK OF JUNE 25, 1956

Transparents to Be Plentiful Early Apples

Tart Transparent apples will make up the greater part of the Illinois early apple harvest, says Ross A. Kelly, University of Illinois fruit and vegetable marketing specialist. The 1956 early apple crop is expected to be one of the best in recent years.

These greenish-yellow apples, which are excellent for pies and sauce, will be harvested from June 24 in southern Illinois to late July in central and northern areas.

You may like to try this recipe for freezing apple sauce. Add one-third cup of water to each quart of apple slices. Cook apples until tender.

Cool and strain. Sweeten to suit taste, using one-fourth to three-fourths cup sugar for each quart. Put in freezer containers. Allow about one-half inch of head space in pint containers and about one inch in quart containers. Seal, label and freeze at 0° F. or below.

Transparent apples are also considered fair for eating raw, but poor for baking.

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MVB:cm
6/20/56

FOR RELEASE MONDAY, JUNE 25, 1956

Versatile Clothes, Growing Child Go Together

URBANA--Children's clothes lead short yet rugged lives, but they'll serve well if you select them carefully.

Rapid growth is typical of a preschool child, and you'll be wise to bear this point in mind when choosing garments, says Carol Zillgitt, University of Illinois textiles and clothing instructor.

It's best to buy a few garments that serve several purposes and that are suitable for various occasions. In the case of snowsuit versus coat, a coat with a button or zip-in lining can be worn for fall, winter and spring outings, but a snowsuit is good for the winter months only.

Buying clothes that are too large is neither economically wise nor psychologically good for your child. He will think of new clothes as always being too large and uncomfortable. When the clothing finally fits him well, it is usually worn or faded and no longer looks its best.

To stretch your child's clothing, buy overalls and skirts with adjustable straps and deep hems. Tucks, both vertical and horizontal, also allow for growth.

Raglan rather than set-in sleeves eliminate binding at armholes. Skirts or trousers that button onto shirts with longer shirt tails will allow for adjustment. You can lower the buttons on the shirts as the child grows.

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MVB:sl
6/18/56

FOR RELEASE TUESDAY, JUNE 26, 1956

Optical Illusions Alter Room's Appearance

URBANA--You can alter the apparent length, width and height of doors, windows and rooms by creating an optical illusion.

Lowell E. Anderson, University of Illinois home furnishings instructor, says weight of lines, sensible proportions and color control will help you create effective illusions.

Hanging draperies near the inner edge of a window jamb decreases the apparent width of a window. Covering part or all of the wall on either side of the window with draperies will make the window look wider.

You can increase the apparent height of a window by using a large, high cornice and short draperies.

Anderson says that any time your eye moves from point to point you establish a line. Pictures, the height of furniture and woodwork establish these points.

Strong vertical lines appear to increase height, while strong horizontal lines decrease height and lengthen the room. However, one should dominate the other in one room.

Emphasis on a particular feature, such as a carving over a door, increases the vertical effect.

Blending colors or making the walls and woodwork the same color decreases the apparent size of doors in a room.

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FOR RELEASE WEEK OF JULY 2, 1956

Proper Clothes Help Ward Off Insects

Summer insects needn't spoil your outings when you know how to deal with them.

Clothing that's tight at the ankles and wrists plus a generous application of insect repellent around your legs and arms will help to prevent insect bites, says Pauline Brimhall, University of Illinois health education specialist.

Keep a mild antiseptic on hand to treat insect bites. Calamine lotion helps to relieve itching of chigger and mosquito bites, while cold applications soothe pain from bee stings and spider bites.

To treat a bee sting, first remove the stinger. Apply a paste of baking soda. Then put on a cold application.

Wood ticks are a menace to campers and picnickers because they sometimes carry Rocky Mountain spotted fever. If you must go into woods where you know there are ticks, dust or spray your clothing with a tick repellent. Remove any ticks as soon as you come out! If they are attached to the skin, pull them off gently, being sure not to crush them.

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MVB:cm
6/27/56

FOR RELEASE WEEK OF JULY 2, 1956

UI Trial Garden Open To Public

One of the most complete trial gardens of flowering annuals and bedding plants in the midwest is located on the University of Illinois campus. About 500 varieties are being grown, in addition to a sizable planting of iris and daylilies.

G. M. Fosler, University of Illinois floriculturist, reports that the garden is open to the public at all times.

All varieties grown in the trial garden are available commercially. Each variety is clearly labeled. The Division of Floriculture, which sponsors the garden, will give you information concerning sources of seed.

The Illinois trial garden is located on Goodwin Avenue, just two blocks north of Pennsylvania Avenue and directly south of the floriculture greenhouses. Gardeners who are planning next year's garden, or who find it difficult to choose from catalog descriptions, should find it worth while to visit the garden.

The garden will be at its best from about July 1 until frost.

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6/27/56

FOR RELEASE WEEK OF JULY 2, 1956

Carrots 'n' Potatoes

Summer brings hard work and a hearty appetite to the farmer. Since potatoes are a popular menu item, add shredded carrots to them for variety, texture, color and nutritive value, says Mrs. Pearl Z. Janssen, University of Illinois foods instructor.

Prepare four medium-sized potatoes to mash and save the cooking water.

Mash potatoes and beat in one-fourth cup nonfat dry milk solids. Mix thoroughly. Add two tablespoons butter and beat. Add hot potato water. Add about one cup shredded carrots and blend into potatoes. Season with salt and pepper.

Place in buttered casserole. Dot with butter and brown at 350° F. for about 20 minutes. Serve immediately. This makes about six servings.

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6/27/56

FOR IMMEDIATE RELEASE

Southern Illinois Family Camp Deadline July 19

Reservation deadline for the family camp at the Southern Illinois 4-H Camp, West Frankfort, has been extended to July 19, says E. H. Regnier, University of Illinois rural recreationist. The dates of the camp are August 6-10.

After conducting one-week family camps for four years at the 4-H Memorial Camp, Monticello, the committee decided to stage camps this year at both Monticello and West Frankfort.

Cabins and tents at the West Frankfort camp will accommodate 18 families. However, if families want to bring their own tents, the camp can take care of 25 families.

Each family will be assigned a separate cabin or tent. Campers provide their own bedding, toilet articles and camping gear.

Parent discussion groups in the morning will concern family and community living and the farm and home development program. Afternoon and evening programs will center around family activities.

Send reservations by July 19 to F. M. Smith, Marion county farm adviser at Salem.

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for weeklies

homemaking news



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FOR RELEASE WEEK OF JULY 9, 1956

Pepper Halves Brighten Salad Plates

An array of perky and colorful salad plates is a fashion show in itself.

For an attractive salad plate, Margaret Shannon of the University of Illinois foods staff, suggests using chicken salad, a lime-flavored gelatin mold of pineapple and nuts and assorted relishes. Of course you could use a seafood, ham or egg salad instead of the chicken.

Tomatoes filled with seafood salads are an all-time favorite, but have you tried filling a green pepper half? You can dice an avocado and add the pieces to salads. Or you can halve it and fill or serve with cold slices of chicken or luncheon meat.

Miss Shannon reminds you to emphasize simple, yet tasty and colorful salad combinations. Try to choose ingredients that complement each other in taste, color and texture.

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MVB:cm
7/3/56

FOR RELEASE WEEK OF JULY 9, 1956

General Laundry Tips for Man-Made Fibers

Since each man-made fiber has its own characteristics, Florence King, University of Illinois textiles and clothing instructor, advises you to carefully follow manufacturer's directions for laundering such fabrics.

However, Miss King suggests some laundering rules that apply generally to all man-made fiber fabrics.

Perhaps one of the most important is always to use a mild detergent. Before washing, brush excessively soiled areas with a detergent solution.

A water temperature of 110° to 120° F. is best for most white and colorfast materials. If in doubt, it's better to use a low temperature than a high one. Keep washing periods short.

Always wash in clean water. Man-made fibers tend to pick up dirt particles in water that are impossible to wash out.

If you must use bleach on a resin-finished fabric, a mild perborate bleach is better than a harsh chlorine bleach. Resin absorbs chlorine, causing the fabric to become yellow and weak.

Usually you won't have to starch man-made fiber fabrics.

Wrinkles set in these fabrics easily, so don't wring them by hand or machine. Instead, press excess moisture out gently in a towel. To prevent wrinkles from setting, keep the dryer spin time short.

If you have to iron the garments, use a "warm," "rayon" or "synthetic" setting.

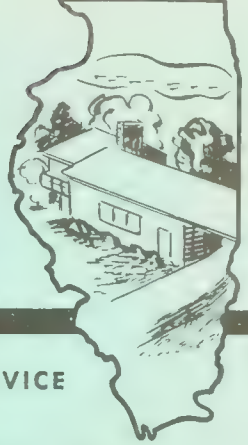
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for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF JULY 16, 1956

Check List for Farm, Home Safety Week

A good time to clean out your medicine cabinet is during National Farm and Home Safety Week July 22-28.

O. L. Hogsett, safety specialist at the University of Illinois, makes the following suggestions:

Discard all old and unused medicines. Be sure to store poisons on the top shelf of the medicine cabinet so that your children cannot reach them. Or you may want to store them in a separate place on the highest shelf in your kitchen cabinets. Be sure to label poisons clearly and distinctly.

Another way you can make your home safe is to check for hazards that might cause falls. Falls are the number one cause of accidents in the home.

Keep toys and other objects out of the line of traffic. Use a rubber mat under small rugs to prevent slipping.

Make sure all stairs and porch railings are sound. Check and repair them before a fall occurs. Keep all stairways (including basement stairs) well lighted. Check stairs to see that they are free of boxes, toys, magazines or newspapers. Grasp the hand railing as an extra guarantee against a fall.

"Remember, Safety Pays All Ways."

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OLH:cm
7/11/56

FOR RELEASE WEEK OF JULY 16, 1956

Glass Fiber Fabrics Suited for Curtains

Glass fiber fabrics are particularly well suited for curtains and draperies, but finishing processes still need to be perfected, says Florence King, University of Illinois textiles and clothing instructor.

If the fabric is not processed, the yarns cut themselves and break and the fabric becomes fuzzy. The finishing process helps to prevent the rough, tough yarns from rubbing over each other and breaking excessively, but it doesn't entirely prevent it.

Although manufacturers are improving processing techniques, they have not yet been perfected. When this problem is overcome, glass fiber fabric will be one of the best for curtains and draperies, says Miss King.

The greatest advantage of this fiber is its strength. When made into curtains or draperies, the fibers don't sag or stretch. They won't burn, and they aren't affected by sunlight, making them suitable for outdoor purposes or curtains.

These fibers are non-absorbent and they will not mildew or attract moths. These characteristics make them particularly useful for shade, decoration and protection on porches and terraces.

Because of its roughness and inelasticity, glass fiber fabric is poor for clothing, but these same factors make it good for curtains and draperies.

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VT:cm
7/11/56

FOR RELEASE WEEK OF JULY 16, 1956

It's Common to Overfertilize Roses

In your enthusiasm to care for your roses properly, don't overfertilize them.

C. E. Ackerman, University of Illinois floriculture specialist, says more people are apt to overfertilize roses than to underfertilize them.

In a fertile garden where the soil has a pH of 5.5 to 6.6, you need to add only a small amount of fertilizer to get attractive roses.

If your rose plants seem to lack vigor and growth and you haven't applied fertilizer for a few years, have your soil tested. Then you'll know the kind and amount of fertilizer your garden needs. For satisfactory results, follow the directions given by the soil testing service.

If you know that the soil is low in nutrients, you might use a 5-10-5 fertilizer with good results. Apply it at a rate of two pounds for each 100 square feet in mid-July. However, if you use a 10-10-10 fertilizer, you should apply it at the rate of one pound for each 100 square feet in mid-July.

Water the soil thoroughly after applying fertilizer. This washes the soluble elements of the fertilizer into the feeding zone of the root system.

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for weeklies

homemaking news

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FOR RELEASE WEEK OF JULY 23, 1956

Dusts, Sprays Control Rose Diseases, Pests

Dusts and sprays can help you control common diseases and pests that menace your rose garden.

Black spot and powdery mildew, common rose diseases in the Midwest, can both be controlled.

Weekly applications of a sulfur-copper, a sulfur-ferbam or other appropriate mixture during rainy periods will help rid your rose garden of these diseases, says C. E. Ackerman, University of Illinois floriculture specialist. Discontinue the applications of the sulfur mixtures during very hot and dry weather.

Roses seem to attract a large number of pests. Some of the more common ones are rose chafer, rose leafhopper, thrips, scale, aphid and red spider. Weekly applications of dusts containing 5 percent DDT will control chafers, leafhoppers, thrips and scale. A spray containing malathion will control aphid and red spider.

You can get several good insecticide-fungicide combinations in most garden trade centers. Weekly applications of any one of them will help to control many of the major diseases and insect pests in your rose garden this summer.

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FOR RELEASE WEEK OF JULY 23, 1956

Green Beans Take on New Shapes, Flavors

A plentiful supply of garden-fresh green beans means that you can treat your family to a variety of dishes featuring this vegetable.

Mildred Bonnell, University of Illinois restaurant management instructor, suggests that you cut the beans differently for variety. The French style is cut lengthwise, but for interest you might cut them diagonally.

To be consistent, you might season French-cut beans with a French style sauce made of onion, butter, chicken stock and a bit of thyme. To make the sauce cling to the beans, thicken it with a little flour.

Adding canned tomatoes to beans, plus a little chopped green pepper, makes a Spanish-style dish.

A touch of mustard added to green beans gives them a tangy flavor. And a sauce of sugar, lemon juice, and butter gives beans a sweet and sour taste. You can add leftover green beans to the other vegetables when you make soup.

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7/16/56

FOR RELEASE WEEK OF JULY 23, 1956

Child's Security Stems From Parents' Security

A child's security stems from his parents' security.

Margueritte Briggs, University of Illinois child development specialist, says children develop their feelings of security very early in life and are greatly affected by their parents' security.

Before they can help their children develop security, parents must first evaluate their own feelings to see how they may be influencing their children.

The second step is to recognize the child's problems. Often a child's not wanting to go to the store by himself or wanting to be treated like another family member may not seem like a problem to his parents. But it is to him.

After recognizing the problems, parents then need to know when the child is ready to take on new tasks. If he is urged to dress and care for himself before he feels capable and ready, he may think that his parents are neglecting him and thus feel insecure.

A child needs to know that his parents are always trying to help him if he is to develop security, says Miss Briggs.

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7/17/56

for weeklies

Homemaking news



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FOR RELEASE WEEK OF JULY 30, 1956

Just Wash and Drip Dry Dacron

Wringing creates permanent wrinkles in Dacron materials, so wash such garments carefully and let them drip dry, says Florence King, University of Illinois textiles and clothing instructor.

Dacron shirts and blouses need little or no ironing if you don't twist or wring them in washing. Drip dry on a hanger immediately after washing. While they are still wet, shape the collar, cuffs and seams with your fingers.

For best appearance, cotton and Dacron blends or 100 percent Dacron garments should be washed after each wearing. The water should be 100° F. for washing and warm for rinsing.

To remove heavily soiled areas, rub with a wet soap bar or detergent paste. Then soak for 15 minutes before washing.

Machine-wash shirts and blouses 5 to 8 minutes. You can tumble-dry shirts at a low temperature for 20 minutes. But never tumble-dry pleated garments.

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VT:cm
7/25/56

FOR RELEASE WEEK OF JULY 30, 1956

Early Elbertas to Market About August 1

Early Elberta peaches from southern Illinois are expected to arrive on markets about August 1, says Ross A. Kelly, University of Illinois fruit and vegetable marketing specialist.

Harvest will move north, the heaviest harvest coming about the middle of August in central Illinois and about the last of August and first of September in northern areas.

Elbertas, a favorite variety, make up about 75 percent of the Illinois peach crop.

Growing conditions have been favorable this year, and the Illinois peach crop is expected to be 750,000 bushels. Growers say this year's crop has good quality because the fruit is free from insect and disease damage.

While peaches are abundant this summer, why not make some jam for the winter? Peach jam will accent a dozen different dishes during the day--from hot buttered biscuits in the morning to ice cream or cake in the evening.

To make peach jam, wash the fruit and dip into boiling water for half a minute. Plunge briefly into cold water. Remove skins, slice fruit and discard pits. Allow three-fourths to one pound of sugar to each pound of prepared fruit.

Arrange fruit and sugar in alternate layers and let stand three or four hours, or until some of the juice is extracted. Stir and heat slowly until sugar dissolves. Bring to a boil and cook, stirring constantly, until the fruit is clear and the jam is thickened. Pour into sterilized jars and seal.

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MVB:cm
7/25/56

FOR RELEASE WEEK OF JULY 30, 1956

Keep Children Off Tractors

Who's to blame when a child is hurt or killed while riding with Dad on the tractor?

Actually it's Dad's fault, but maybe Mother should share a little of the blame, says O. L. Hogsett, safety specialist at the University of Illinois. Unfortunately, placing the blame doesn't repair a broken body or bring a child back to life.

Children get such a thrill from riding on tractors that Dad may think he's being good to the youngsters when he lets them tag along. Maybe he's done it dozens of times before with no serious consequences.

But look at the Illinois record last year: More than 100 persons were injured by falling off or being run over by tractors, and more than 50 were killed. Many of these were small children.

So before you decide to be "good" to your youngsters and let them ride on the tractor, you'd better think twice about the possible outcome.

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7/25/56

for weeklies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 6, 1956

Select Utensils for Utility, Then Design

Don't sacrifice good balance and utility for unusual designs in kitchen utensils, says Catherine M. Sullivan, University of Illinois home management specialist.

Odd shapes, curves and angles, unbalanced handle placement and poor pouring spouts may result from a designer's attempt to create an original look in kitchen utensils and dishes.

Judge your kitchen purchases by putting utility first and beauty second. Often the two can be successfully combined. But if you can't have both, sacrifice beauty first.

Unusual shapes and curves sometimes make utensils hard to store, so keep size and storage requirements in mind when you buy.

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FOR RELEASE WEEK OF AUGUST 6, 1956

eaches Easy, Good for Home Canning

Plump peaches are versatile fellows. They always taste good resh. And canned, they're still flavorful, nutritious and a colorful ddition to cereals, salads or desserts.

Peaches are one of the easiest and best fruits to can. And lbertas, which are now plentiful, are a good variety for home canning. or a fine-quality product, Geraldine Acker, University of Illinois oods specialist, says to select firm-ripe peaches that are uniform in uality. They should have a creamy background color; green shows that he fruit is not ripe.

Half a bushel, or 24 pounds, of fresh peaches will make about 0 or 11 quarts of canned fruit.

Although either a hot or cold pack is satisfactory for can- ing, the hot pack will give a more solid pack because the fruit shrinks n the first heating.

For the hot pack, simmer peaches 3 to 5 minutes in a 20 or 30 ercent sirup (one-half or one-third cup sugar to one cup water). But lon't cook until soft. Pack into containers, placing cut side down nd overlapping the layers for uniform appearance. Fill containers with oiling sirup. Process in a boiling water bath for 20 minutes.

For the cold pack, place peach halves pit side down in jars, aking a firm, uniform pack. Cover with boiling 20 or 30 percent sirup. rocess in boiling water bath for 30 minutes or in pressure cooker at 5 pounds for 15 minutes.

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MVB:cm
8/1/56

FOR RELEASE WEEK OF AUGUST 6, 1956

Choose Freezer Containers Carefully

Even though you freeze top-quality foods, the final products will score low in nutritive value, taste and appearance if you don't use the right kind of container.

Mrs. Dorthy McIvor, University of Illinois foods specialist, says waxed paper, ice cream and cottage cheese cartons are not proper freezer containers. She suggests using polyethylene bags or sheets, butcher's waxed paper or heavy aluminum foil or containers of aluminum, glass, plastic, tin or heavily waxed cardboard.

Rigid aluminum containers are available now, but they're expensive. They are rectangular and have tight-fitting lids that slide on. Food may be heated in them.

Tin cans used for freezing are best if they have a special enamel lining to prevent the tin from poisoning the food. Use R-enameled cans for red fruits and vegetables and C-enameled cans for foods containing sulfur, such as corn, lima beans and carrots.

Wax wears off waxed containers, so don't use them a second time unless you have them rewaxed.

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for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF AUGUST 13, 1956

utting Affects Future Roses

The way you cut roses affects the beauty and yield of future oses.

Since the leaves turn light energy from the sun into food nergy for the plant, you need to leave as much of the stem as possi- le on the plant when you cut blooms, says Charles E. Ackerman, Uni- ersity of Illinois floriculture specialist.

During the first season of bloom, cut the flowers with very hort stems. After that you may cut longer stems, but never longer han necessary. Leave at least two five-leaflet leaves between the ut and the main stem.

Hybrid tea roses usually have a three-leaflet leaf at the top f the stem and a spray of five-leaflet leaves below that. If the stem s weak, cut just above the second or third five-leaflet leaf from the ase of the stem. If the stem is about as thick as a pencil, you can ut just below the top leaf on the stem.

Remove all flowers from the plant when the petals fall. Cut he stem with a sharp knife or shears just above the topmost leaf. Re- ove withered flowers in a cluster so that the others will have more oom to develop. After all flowers in a cluster have withered, cut off he entire stem just above the top leaf.

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VB:cm
/8/56

FOR RELEASE WEEK OF AUGUST 13, 1956

Don't Buy All College Clothes Now

HOW MANY of WHICH clothes to take to WHAT campus for WHAT occasions?

Jane Werden, University of Illinois textiles and clothing instructor, says that each college campus has its own variations in dress. For this reason she advises students to wait and buy some of their clothing after seeing the campus styles.

However, Miss Werden gives these general wardrobe suggestions to fit the fashions on any campus.

Even fall days are often warm, so cotton dresses or skirts and blouses are recommended for the first college days.

Of course, skirts and sweaters are synonomous with classroom attire, although styles change somewhat each year. Students agree that cashmere sweaters are attractive but NOT necessary. It's the over-all appearance that counts, not the kind of clothes that are worn. College girls say that six sweaters are a good number to have, but they can get along with four.

When there's any doubt, a basic suit will usually answer the "what-to-wear" question. It can be dressed up or down and is equally appropriate for church, dates, field trips and many other occasions.

A semidressy dress, perhaps a wool jersey, which is a good traveler and is easy to care for, goes well to church or dinners.

Students advise about-to-be-freshmen to buy evening dresses after they get on campus because these styles vary too. And the chances

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are that the new student will have at least one high school formal she can bring with her.

A raincoat is more of a must on some campuses than on others. But it's always a good article for any college wardrobe, because buildings are often far apart and students must walk in all kinds of weather.

At least one hat should go to college. Teas and other social functions call for hats.

Comfortable and broken-in shoes should arrive on campus with the freshman. Most campuses are large and call for more walking than girls are usually accustomed to, so new shoes are a hindrance.

Two pairs of school shoes are recommended for alternate wear, but it might be a good idea to buy the second pair in the college town because college customs affect shoes too. For example, white bucks are almost the unanimous choice on some campuses, but they are seldom seen on others. Flats are worn on dates in some places, while heels are almost a must in others.

Some type of robe and slippers are necessary for dormitory life. These items and the kind of pajamas will depend on sleeping conditions. In some sorority houses, girls sleep on sleeping porches and need warm pajamas, bed socks and wool robes. On the other hand many dormitories are so well heated that light-weight pajamas and robe are satisfactory.

But WHAT campus will largely determine WHAT clothes to wear, so Miss Werden advises girls not to buy all their clothes before going to school.

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MVB:cm
8/8/56

FOR RELEASE WEEK OF AUGUST 13, 1956

'resh Peaches for Weight-Watchers

Fresh peaches take the summer spotlight for low-calorie snacks. 'hey make a perfect between-meal snack or meal accompaniment for people 'ho are watching their calorie intake, says Mrs. Dorthy McIvor, Uni-'ersity of Illinois foods specialist.

Peaches are low in calories and high in vitamins. A medium-sized peach has only about 50 calories and is rich in vitamin A. It also contains some vitamin C.

For a low-calorie luncheon salad, surround a dip of lime sherbert with fresh peaches and top with blueberries.

Peaches combined with other fresh fruits make good desserts or salads. Peach slices combined with pears, white grapes and melon balls and topped with lemon juice make a non-fattening, colorful dessert.

Peaches in salads needn't be confined to fruit salads. Why not toss some slices into a chef's salad for a change?

Dips of luncheon meat, shrimp or crabmeat salads atop peach halves give a filling, yet low-calorie meal. Luncheon meat strips, shredded cabbage and green pepper pieces combined with a low-calorie dressing and surrounded by fresh peach slices make another good dish for weight-watchers.

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VT:cm
8/8/56

for weeklies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF AUGUST 20, 1956

Take It Easy for Safe Trip

Farm families who sandwich a vacation between harvest seasons can assure themselves a safer journey by "taking it easy" on the road, says O. L. Hogsett, safety specialist at the University of Illinois.

First, don't start so early in the morning that you won't have had enough sleep. But starting in the evening is dangerous too; by this time your body and mind are beginning to need a rest.

Allow adequate time for rest stops, sight-seeing and heavy traffic. Driving until dark to clip off those "few extra" miles will leave you worn out and with little choice of overnight lodging.

Speed limits also present problems. But you won't go far wrong if you govern your speed by traffic, weather and road conditions. Of course you should observe legal limits.

A check-up of your car's steering gear, brakes, tires and lights can pay off in a safer and more pleasant trip. Once you're on the road, allow plenty of space between your car and the one ahead of you. At least one car's length for each 10 miles an hour is recommended.

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OLH:cm
8/15/56

FOR RELEASE WEEK OF AUGUST 20, 1956

Examine "Mink" Garments With Keen Eye

Man-made mink garments may be on sale this fall--but examine them carefully and know what you're getting for your money, advises Jane Werden, University of Illinois textiles and clothing instructor.

Artificial mink garments are made in two general ways. On some stoles and coats, the stripes are machine-applied before the garment is made. On others, the stripes are surface-applied after the garment is made.

Miss Werden says that reliable fabric and coat manufacturers are concerned about the poor performance of some of the man-made mink garments. They seem to agree that machine-printed garments wear and clean better than those that are surface-printed.

The machine-applied stripes are darker and more irregular than those that are surface-applied. By examining the back seam, you'll see that the stripes don't match as well as on a surface-printed garment. In unexposed areas--pockets or stand-up collars--striping is as intense and continuous as in any other area.

Surface stripes are light, continuous and match at the back seam. They also follow the lines or shape of the garment better than machine-printed stripes.

But stripes stop abruptly in unexposed areas on surface-striped garments. When you blow against the stripe, the pile separates, and you'll see that the dye is only on the tips of the fibers.

These stripes rub off in dry-cleaning and sometimes under ordinary wearing conditions. If possible, wet a cloth and rub over the stripes. If the dye comes off, you can be sure that the stripes will either be lighter or disappear entirely after cleaning.

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MVB:cm
8/14/56

FOR RELEASE WEEK OF AUGUST 20, 1956

other's Nutrition Affects Child at Birth

The foods you eat during pregnancy greatly affect your child's eneral condition at birth and throughout life.

Nutritionists have found that poor maternal diets and poor esults of pregnancy are closely related, says Mrs. Dorthy McIvor, niversity of Illinois foods specialist.

According to research studies, the mortality and stillbirth ates are lowest among women who have had proper diets during pregnancy. emorrhaging, which results from insufficient vitamin K, causes many eaths at birth.

Proper diet for the mother will help the child grow and evelop better and lessen the chances of a premature birth. Meeting he daily protein requirement seems to greatly improve the general con- ition of an infant at birth. When a women hasn't had proper amounts f calcium, the child is often premature and the birth weight tends to e lower.

A proper diet also increases the chances that the baby will e well formed. Studies show that, when women fail to get enough itamin A, their children's eyes are often poorly formed. Sufficient mounts of riboflavin seem to be necessary for proper skeletal formation.

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/15/56

FOR IMMEDIATE RELEASE

Tomatoes Are Top Value--Consult Your Grocer

It's fresh tomato time! Right now those big field-grown, vine-ripened tomatoes are low in price, fine in flavor and especially rich in vitamin C. Let's serve them often.

To get the most vitamin C from tomatoes, eat them fresh, says Geraldine Acker, foods specialist, University of Illinois. One large vine-ripened one will give you almost half of your daily vitamin C quota and a generous amount of vitamin A.

For quality tomatoes, select those that are firm, smooth of skin and free of blemishes. Most markets sell them by the pound, the half-bushel or the bushel. One pound of tomatoes will provide four average-sized raw servings or three cooked servings. A bushel will yield from 15 to 20 quarts of tomatoes or juice when canned.

When you buy tomatoes in quantity, sort them carefully. Store the fully ripe ones in the refrigerator. Those that need to be ripened should be kept at 60° to 70° F. and out of direct sunlight.

Light is not necessary to produce a red color in tomatoes after they have been picked. In fact, placing them on a sunny window sill to ripen is poor practice. Too much sunshine and temperatures as high as 80° F. are unfavorable for normal ripening and normal color development. If you have a basement that is "right" in temperature, ripen the tomatoes there.

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JEH:cm
8/21/56

for weeklies

Homemaking news



VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF AUGUST 27, 1956

eep Children Off Farm Machinery

Late summer brings an increase in the activities of adults id children, as well as farm machinery.

Children plus farm machinery add up to a bumper crop of accients each year, says O. L. Hogsett, safety specialist, at the University of llinois. Neither the children nor the machines are at fault. It is ie responsibility of parents to see that these accidents can't happen.

The best way to prevent accidents is to make children underand what causes them and how they can be prevented. The child may ink you are too strict when you forbid him to ride on a tractor or her machinery. But it may keep him from being injured or killed. So ink twice before you let your children ride on farm machinery.

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/22/56

FOR RELEASE WEEK OF AUGUST 27, 1956

Beat Weather Man With Nutritious Meals

Hot weather taxes everyone's energy, but by planning meals around the main food groups--milk, vegetables, fruits, meat, poultry, fish and eggs, and enriched or whole-grain breads and cereals--you can beat the weather man, says Geraldine Acker, University of Illinois foods specialist.

You never outgrow your need for milk, although the amounts may vary. Children need at least three or four cups a day; teenagers, one or one and one-half quarts; adults two or more cups; and pregnant or nursing women, one or one and one-half quarts.

Everyone needs two or more servings of vegetables a day. One should be a dark-green or deep-yellow vegetable, or a substitute--apricots, prunes, tomatoes, cantaloupe or yellow varieties of peaches.

Fruit should appear in your diet two or more times daily. One serving should be a citrus fruit, tomatoes or the juice of either. In place of this group, your may substitute a serving of raw cantaloupe, strawberries or green peppers, or a raw or slightly cooked dark-green leafy vegetable.

Meat, poultry, fish and eggs should be eaten at least twice a day--one serving from an animal source and the other from either animal or vegetable.

Four or more servings of enriched or whole-grain breads and cereals should be included in the diet each day.

For additional information on the sources and importance of nutrients, write for "Protective Foods for Buoyant Health," College of Agriculture, Urbana, Illinois.

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MVB:cm
8/21/56

for weeklies

Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF SEPTEMBER 3, 1956

Tomatoes Are Ready--Let's Can Them

Red, ripe, fresh tomatoes are ready for canning. If you have top-quality ones in your home garden, you'll want to make the most of them.

Use either the hot or the cold pack method for canning, suggests Geraldine Acker, University of Illinois foods specialist. The cold pack method usually gives better results than the hot pack, but you can take your choice. However, the open kettle method is not recommended. It presents far too many "spoilage hazards."

Select tomatoes that are firm in texture and yet fully ripe. Be sure they are smooth skinned and free of blemishes. Scald the fruit in boiling water for about thirty seconds, working with small amounts at one time. Dip them quickly into cold water, slip off the skins and remove the cores completely.

For the COLD PACK method, leave the tomatoes whole if possible. Pack them into the jars or cans, pressing gently to fill the space to within one-half inch of the top. Add no water. Add ½ teaspoon of salt to the pint jars and No. 2 cans and 1 teaspoon to quart jars and No. 2½ cans. Exhaust the air from tin cans.

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Use the boiling water-bath method for processing and check the processing time carefully. Allow 35 minutes for pint jars, 45 minutes for quart jars and No. 2 cans and 55 minutes for No. 2½ cans.

If you use the HOT PACK method, quarter the tomatoes, making sure that every trace of core is removed. Heat them slowly to the boiling point, and then pack them immediately into jars, leaving ½ inch head space. Add ½ teaspoon of salt per pint and 1 teaspoon for each quart. Processing time is 10 minutes for both pints and quarts. Since the processing time is so short, it is extremely important that you count it accurately and allow full time.

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JEH:cm
3/29/56

FOR RELEASE WEEK OF SEPTEMBER 3, 1956

Select Well-Netted Melons

Summer's bounty of cantaloupes and muskmelons is spilling into many markets. Which should you choose for your table?

Norman Oebker, University of Illinois vegetable crops specialist, says that the quality of a melon won't improve after it has been harvested. Of course you can't do anything about harvesting melons before they ripen but you can select mature melons from the market.

Be sure the entire surface is well netted. Don't buy smooth or "slicker" melons.

High-quality cantaloupes usually have no part of the stem attached. If picked at maturity, or vine-ripeness, they should have a circular, depressed area about the size of a dime at the stem end. Such melons are said to have been picked at "full slip."

Many people select cantaloupes on the basis of the aroma; but this can get you a poor melon as well as a good one. Melons that have been out of refrigeration for several hours or ones that are overmature can also meet the aroma test.

Squeezing or pressing melons to determine softness can lead you astray too. After several customers have given this test to the same melon, it obviously will pass the "softness" test regardless of quality.

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MVB:cm
8/29/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF SEPTEMBER 10, 1956

Store Clean Summer Clothing in Dry Place

The end of summer means storing and packing summer clothing.

A dry, relatively cool place is best for storing summer clothing to prevent mildew, says Jane Werden, University of Illinois textiles and clothing instructor.

Store cottons clean and unironed. If you don't wash them, the starch, deodorant and perspiration left in them will cause fibers and material to discolor and disintegrate.

If your children are still growing, it's a good idea to take the hems out of the garments before you wash them the last time before storing them. When next summer arrives and clothes have to be made longer, the old hem line may not show.

Wash bathing suits thoroughly before storing them to remove any chlorine left in them from swimming pools.

Nonwashable clothing should be dry-cleaned before you store it. Don't wait until next summer, because soiled garments may attract silverfish and moths during storage.

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VT:cm
9/5/56

FOR RELEASE WEEK OF SEPTEMBER 10, 1956

Teenage Nutrition Topic of Fall Meeting

Parents, teenagers and home economists will discuss nutrition for teenagers at the fall Nutrition Conference sponsored by the Illinois Nutrition Comittee. The conference will be October 6 at Southern Illinois University, Carbondale.

Dr. Miriam Lowenberg of Pennsylvania State University, the keynote speaker of the morning session, will talk on "Nutrition for the Teens." Dr. Anna Carol Fults, S. I. U. Home Economics Education, will follow and discuss the same topic with parents, teenagers and school administrators.

Keynote speaker of the afternoon session will be Dr. Mary Brown Patton of Ohio State University. The teenage project of the American Dietetic Association will also be discussed.

The conference, open to the public, is to begin at 9 a.m. and close at 3 p.m. Adequate motel and hotel accommodations are available in the area.

Mary Louise Barnes, S. I. U., is conference chairman.

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MVB:cm
9/4/56

FOR RELEASE WEEK OF SEPTEMBER 10, 1956

Apples Are Versatile For Salads

Fruits, vegetables, dairy products and sea foods blended with apples lend variety to fall salads, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

Orange sections, avocado slices or halves and apple slices arranged in fan shape and topped with your favorite dressing make an attractive salad.

Sliced or chopped raw turnips combine with apples for a slightly different-textured salad. Garnish with some chopped parsley.

Cottage cheese mixed with chopped apples and almonds or pecans adds another interesting texture to your list of salads.

Flaked salmon or tuna fish mixed with celery and chopped apples and dotted with walnut pieces makes a heavier salad. You can add a hot bread, beverage and dessert to make a complete meal.

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VT:cm
9/5/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF SEPTEMBER 17, 1956

Try Bits of Cauliflower for Snacks

School days usually sharpen youngsters' appetites. Geraldine Acker, University of Illinois foods specialist, suggests that you try to fit after-school snacks into the day's basic meal plan.

This plan includes the four basic groups of vegetables and fruits, milk and milk products, breads and cereals and meat, fish, poultry and eggs.

After-school snacks should be simple and quick to prepare, should provide quick energy and should be light so that they won't spoil children's appetite. Such sweets as cakes, cookies and candy are filling but often ruin the appetite for the coming meal.

Raw vegetables like turnips and cauliflower and also fresh fruits are probably the quickest and easiest snacks. Add graham crackers bread or crackers with jelly, jam or peanut butter to a glass of milk for another quick snack.

If your youngster is overweight, his snacks should be carefully regulated. Fresh fruits and vegetables will probably fit his needs best.

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MVB:cm
9/12/56

Child's Allowance Teaches Self-Discipline

Merely telling your child how to spend his money is not enough, says Margueritte Briggs, University of Illinois child development specialist. He learns to handle money through actual experience with it.

Miss Briggs suggests that you handle your child's allowance in the following ways:

See that he gets his money promptly on a specific day. With younger children it's especially important to give them their money just before they spend it. But don't hold back or postpone it because of bad behavior.

Don't allot all of the allowance for regular expenses. Let the child use some of it to buy things of his own choice or to save.

If possible, the amount should be comparable to what his friends receive. As your child grows in responsibility, increase the size of his allowance and his freedom to use it.

Talk over purchases together; don't nag him when he makes an unwise purchase. Teach him to keep track of his money so that he can see how he has spent it. Then he can plan how he wants to spend it in the future.

Encourage him to earn extra money and to save for a few weeks so that he can buy something he really wants. Regular household duties are a part of his family responsibility; he shouldn't expect to be paid for doing them.

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VT:cm
9/12/56

FOR RELEASE WEEK OF SEPTEMBER 17, 1956

Disease vs. Accidents

Accidents kill more children than disease.

This is a tragic fact of modern America, and it is also true of rural Illinois, says O. L. Hogsett, extension safety specialist at the University of Illinois.

It's up to parents to immunize their children against accidents as they would against disease. This means using a generous amount of foresight in spotting hazards before accidents happen inside and outside the home.

Children should play away from livestock, tractors and other farm machinery. Whenever small children play near farm ponds or water tanks, an adult should be with them.

About 6,000 children of elementary school age (5-14 years) die every year from accidents. Accidents kill more children in this age group than any other cause, including cancer, polio, heart disease, pneumonia and influenza.

It's the unguarded moments in your own and your child's lives that kill. Be safety conscious and alert always, says Hogsett.

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OLH:cm
9/12/56

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FOR RELEASE WEEK OF SEPTEMBER 24, 1956

Keep Red Vegetables Red

Because red vegetables contain a water-soluble pigment, they may turn blue if not cooked correctly, says Mildred Bonnell, University of Illinois restaurant management instructor.

Red cabbage is one vegetable requiring this special care. To keep the red color, cook it or flavor it with an acid, such as tart apples or vinegar. You can add a dash of nutmeg for flavor.

Cook red cabbage quickly in a small amount of boiling, salted water. Allow 3 to 10 minutes for shredded cabbage and 10 to 15 minutes for quartered cabbage.

Beets also have this water-soluble red pigment and will fade. Like red cabbage, you can dress them up with an acid sauce. For an unusual touch, substitute orange juice for vinegar in your favorite Harvard beet recipe.

To loosen the jacket on a cooked beet, dip it into cold water and the skin will slip off like a glove. For tenderness and best flavor boil young beets from 30 to 45 minutes and older beets from 45 to 90 minutes.

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VT:cm
9/19/56

FOR RELEASE WEEK OF SEPTEMBER 24, 1956

Children Learn Sounds, Then Rhythm

Raindrops falling, leaves rustling or a leaky faucet dripping may not be rhythm in itself, but each is a sound that helps children learn rhythm.

Shaking a rattle or becoming startled at a loud noise is one of the first experiences children have with sounds, says Mrs. Millicent Martin, University of Illinois child development specialist.

At about 2 1/2 years of age, children begin to recognize everyday sounds and learn to associate them with different rhythms. All children like to tap their fingers on a wooden table, a paper box or a metal can and tap or stamp their feet on the floor. In this way they develop rhythm.

Point out sounds to your child and encourage him to identify them. He'll learn to pick out church bells, train whistles and airplane sounds quickly.

From about 2 1/2 through 5 years of age is a good time to begin helping children identify "instruments" you have at home, says Mrs. Martin. After your child learns to connect sounds with various instruments, stand where he can't see the instrument and play different ones. Let him guess which ones you are playing.

Children like bells, triangles, cymbals and other percussion instruments, and these are easy for the youngsters to identify. You can also fill glasses with different amounts of water and tap on them. Or fill soft drink bottles with various amounts of water and blow in them.

If you have other musical instruments, of course you want to familiarize your child with them too.

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MVB:cm
9/19/56

FOR RELEASE WEEK OF SEPTEMBER 24, 1956

Plan Packing, Moving at Same Time

Packing is one of the most important elements in moving, so start planning how to pack when your first decide to move, says Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house.

If you're going to use a moving company, find out whether they supply barrels, cartons and packing supplies. If not, you should begin buying or collecting them.

Newspapers are seldom a problem, but heavy cartons and barrels are often harder to find. Grocery and department stores may give you empty shipping cartons.

Be sure to pad all breakable articles carefully. Place dishes, records and other such items on edge rather than flat.

Mark each container with a list of contents. You may want to keep an itemized account of each carton's contents in a notebook so that you can check easily instead of rummaging through several boxes.

If you use different-colored labels on the boxes for each room, you won't have boxes meant for the basement in the bedroom and vice versa.

Don't forget to mark boxes "Right Side Up" and "Fragile" if they contain delicate or breakable items.

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MVB:cm
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for weeklies

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FOR RELEASE WEEK OF OCTOBER 1, 1956

Fire Prevention Week

Fire kills an average of 3,500 farm people each year, and rural property losses from fires add up to about $100 million annually, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Studies show that 25 percent more lives are lost in farm dwelling fires than in similar ones in town and cities throughout the nation. Eight percent more children die in rural home fires than in fires in urban areas.

Negligence in handling matches and careless smoking habits are two of the major fire hazards. Defective chimneys and heating plants, sparks flying on wooden roofs and lack of adequate lightning rod protection also can cause fire. Accumulation of rubbish in closets, attics, basements and farm buildings, and indifference to fire hazards are also big causes of farm fires and deaths.

National Fire Prevention Week, October 7-13, is a good time to start a year-round program of fire prevention. But don't observe it just during that one week, says Hogsett.

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OLH:cm
9/26/56

FOR RELEASE WEEK OF OCTOBER 1, 1956

Menu Variety--Cure for Breakfast Troubles

A good breakfast is a "must" for every person, regardless of his age or activity. If you are having breakfast trouble in your home, check your menu pattern carefully, suggests Harriet Barto, University of Illinois dietetics instructor.

Instead of just a fruit juice, toast and beverage for breakfast every morning, try including a cereal with whole milk. Oatmeal cooked with dried apricots or prunes, brown rice cooked with raisins and cream of wheat with dates are tasty combinations that will give variety in both texture and flavor.

Or does your family prefer a bacon-and-egg breakfast? This pattern can be easily varied too. Sausage links or patties with scrambled eggs make an attractive platter that will perk up dull appetites. Substitute ham or Canadian bacon occasionally for the sausage or regular bacon strips. Add variety by serving soft-cooked or poached eggs. When time permits, tempt appetites with an omelet or a fluffy soufflé.

Now that apples are plentiful again, you can serve fried apples with bacon, ham or sausage. For hearty appetites, include an egg or two. Complete the menu with enriched toast, butter, fruit or fruit juice and a beverage.

Why not make a game of tempting appetites at breakfast time? You'll think of dozens of ways to vary menus, once you start. As you plan, remember that this first meal of the day should provide from one-fourth to one-third of the total daily food requirement.

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MSR:cm
9/26/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF OCTOBER 8, 1956

Bike Riding--Parents Responsible For Training

Bike riding can be hazardous, especially for young children. It is parents' responsibility to see that their youngsters know traffic rules before they take to the street or highway, says O. L. Hogsett, University of Illinois safety specialist.

Teaching our children to ride bikes carefully, courteously and thoughtfully will protect them from possible accidents. There are a few rules that all children should know before swinging onto a new bike.

An important rule to learn early is that a bike must be kept in good repair to be truly safe. This means that headlights and rear reflectors, as well as the rest of the bike, are in working order.

Learning and using hand signals applies to parents as well as to the young bike rider. Free rides, whether it's two on a bike or hitching to a car or truck, pave the way to serious accidents.

Impress children with their responsibility for safety to themselves and others as they ride bikes.

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MSR:cm
10/3/56

FOR RELEASE WEEK OF OCTOBER 8, 1956

For Dessert, Serve Cheese On A Tray

Ever serve a dessert cheese tray? The next time you entertain try one served with a basket of crisp, assorted crackers. You'll be known as one of the best hostesses in town.

Local markets offer a wide variety of natural cheeses, according to Geraldine Acker, University of Illinois foods specialist. Let your imagination go and see what combinations you can arrange. There are unlimited possibilities to cheese and fruit trays.

To be at its full-flavored best, cheese should be at room temperature, Miss Acker states. If you arrange the tray before serving time, you will have your dessert ready to present and avoid last-minute preparation.

Here is a "for instance" that can be a starting point: Pick a neutral-colored tray and place a red wax-coated baby Gouda at the top center. Then, in semicircular rows around the Gouda, add Swiss cheese slices, chunks of Cheddar and triangles of Camembert or Limburger. Top off the tray with clusters of grapes, pear quarters and red apple slices.

A word of caution: Cheese doesn't like air! While the cheese "warms up" cover the tray carefully to prevent drying. You will want to keep the wax coating around the Gouda. This protects the cheese and adds a bright note to your tray.

The fruits can also be prepared ahead of serving. Dip the pears and apple slices quickly into lemon juice to prevent browning.

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MSR:cm
10/3/56

FOR RELEASE WEEK OF OCTOBER 8, 1956

Try Glazed Or Stuffed Baked Apples

Plump, warm baked apples take on a new fall look with just a little effort from you.

Golden Delicious, Stayman, Winesap and Rome Beauty apples are considered best for baking, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

The younger generation highly recommends glazed apples. To prepare, pare one-third of skin from the top of the apple. Bake at 400° F. for one hour, or until apples are tender. Then sprinkle sugar over top, and place under broiler until sugar melts.

To give baked apples a certain sharpness, add a lemon sauce. Bake apples until they are nearly tender. Combine slightly beaten egg with one-half cup sugar, one-fourth cup milk, 2 tablespoons butter, 2 tablespoons lemon juice and grated rind of one lemon. Pour over apples, cover and bake at 375° F. for 15 minutes. Serve hot or cold with the sauce.

Surprise your family some evening with baked apples filled with crushed pineapple. Fill the centers and bake as you ordinarily do. After baking, top apples with marshmallows and return to oven for a few minutes to brown marshmallows.

Of course you can always dress up a baked apple with a cream-cheese topping. Soften the cheese with cream and beat until fluffy. Put on apples immediately before serving.

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Homemaking news

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FOR RELEASE WEEK OF OCTOBER 15, 1956

Give Corn Pickers a Lunch Break

A mid-morning and mid-afternoon lunch break for busy corn pickers will help keep your husband off the accident list, says O. L. Hogsett, extension safety specialist, at the University of Illinois.

Studies of corn-picker accidents in a neighboring state show that these accidents reach a peak about 10 a.m. and 4 p.m. Many of the picker operators who were injured about these times said they were sleepy and getting bored with the job, or some said that the next meal was too far away to anticipate.

A tasty sandwich or two, some cake or cookies and a drink to fit the weather can break that long morning and afternoon. Even if it takes your best dessert to stop the picker, it's effort well spent if it helps to prevent an accident, says Hogsett.

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OLH:cm
10/9/56

FOR RELEASE WEEK OF OCTOBER 15, 1956

Pleasant Breakfast Means Safer Farming

Ever compare the price of a cheerfully served cup of breakfast coffee with the cost of a cornpicker accident?

Reports of farm accidents often indicate that the trouble began at breakfast, says O. L. Hogsett, extension safety specialist at the University of Illinois. Whether a poor breakfast starts the victim on an all-day grouch, or fails to cure one he already has, it's often the beginning of an unfortunate chain of events.

The fellow who goes to the cornfield with a grouch doesn't have much patience. He often takes foolish chances that can end in injury.

But the husband or son who leaves the breakfast table well fed and happy will use better judgment in everything he does. That breakfast is pretty cheap insurance when it helps to start the breadwinner off on a good day.

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OLH:mg
10/10/56

FOR RELEASE WEEK OF OCTOBER 15, 1956

Cheese to Suit Every Taste

Next time you're at the grocery store, stop at the cheese counter. Look around...you'll be amazed at the variety of sizes, shapes and textures, says Geraldine Acker, University of Illinois foods specialist.

American Cheddar cheese--in either block form or prepackaged wedges--will be one of the first to catch your eye. Versatility is the word for Cheddar. Its flavor ranges from mild to sharp. And it's equally good in cooked dishes or for eating "as is" with fresh fruits and crackers.

Notice the cheese with the bright red cannon-ball shape. It is milder and sweeter than Cheddar and is called Edam. Put it on the dessert or buffet table, where its gay red cover will add a delightful touch of color to any meal.

Of course, France is always represented at the cheese counter, Roquefort cheese and Camembert are French originals. Roquefort is a hard, blue-veined variety with a salty flavor, making it especially tasty in salads and sandwiches or even for the dessert course. Camembert, on the other hand, is a soft ripened cheese--a world-wide favorite. It's extra good when served with crackers and fruits for dessert.

Another soft cheese, Limburger, has one of the most distinctive flavors of all. An interesting point to remember about this variety is that the rind carries most of the odor.

You'll find dozens of varieties of natural cheeses, some familiar and some unfamiliar. For adventures in good flavor, try a different one each time.

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MSR:mg
10/10/56

FOR RELEASE WEEK OF OCTOBER 15, 1956

"Slim Look" Adapted to Upholstered Furniture

Fashion's "slim look" has now adapted itself to upholstered furniture.

Dorothy Iwig, University of Illinois home furnishings specialist, reports that sofas and chairs featured this fall have narrow backs, slim legs, tapered arms and knife-edged pillows. They are light-looking and yet sturdy without being bulky.

"Coffee chairs" have been designed for serving guests informally around a large table. These chairs appear light and have thin arms, low backs, loose cushions and delicately tapered legs.

Many new sofas stand on square brass legs with brass stretchers across the base, or on round brass legs without taper. One model with high legs features large wedge-shaped cushions. Another extremely deep sofa designed for lounging has a frame extending to the floor. Concealed casters make this one easy to move.

End tables are coming with some sofas. One sofa has end sections with marble surfaces, and a sectional sofa has a table upholstered in the same material that fits between the sections.

Many of these new upholstered collections offer an assortment of arms, legs and backs so that the customer can have the "custom-styled" look at a modest price.

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MVB:mg
10/10/56

for weeklies

Homemaking news

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF OCTOBER 22, 1956

Milk Ideal for Weight Reduction

Milk is an ideal food to drink and use in other ways while on a weight reduction program, according to Geraldine Acker, University of Illinois foods specialist.

Milk is an excellent source of protein, minerals and vitamins necessary to diets, whether for reducing or just as insurance to keep tipping the scales at the same mark.

Miss Acker emphasizes that good diets are based on fulfilling the daily nutrient requirements at a lower calorie count.

Milk will not cause you to put on weight if it is included in your daily allotment of calories. If your calorie count needs to be very low, you can use skim milk. It has all the food value of whole milk except for the fat content and vitamin A, and it has only half the calories.

Milk leads the way to good nutrition and a better balanced reducing diet. Good basic nutrition is the forerunner of good health and good looks. All foods help, particularly milk.

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MSR:cm
10/17/56

FOR RELEASE WEEK OF OCTOBER 22, 1956

Celebrate Halloween With Planned Events

When you plan some Halloween activities for children, they won't be so likely to turn to vandalism or try to "outdo" some pranks they have heard about, says E. H. Regnier, University of Illinois rural recreationist.

Since the youngsters like to celebrate Halloween actively, encourage them by planning events that they can take part in--a constructive part. An open "spooky" house is a sure hit with most youngsters, and many adults like it too.

For this party, you can feature flabby string mops, clammy spaghetti and noodles, dried chicken bones, scratchy egg shells, cold rubber gloves, slippery olives and weird witches and goblins--against a background of recorded sounds and noises.

Sharing through UNICEF is a valuable way to observe Halloween, says Regnier. This is the United Nations International Children's Emergency Fund that is sponsored, in many communities, by church groups.

Instead of getting "tricks or treats" for themselves, the youngsters collect contributions for this UN organization. These funds are used to provide milk, drugs, vaccines and equipment for maternal and child welfare centers in about 95 countries and territories.

In many towns Halloween is a community celebration. There are often costume parades, barbecues or picnics, with bonfires and community sings to conclude the festivities.

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MVB:cm
10/17/56

FOR RELEASE WEEK OF OCTOBER 22, 1956

Dark Colors and You

Strong, dark fall colors may present problems for some people.

Ellen Hansen, University of Illinois clothing and textiles specialist, offers some suggestions to help you decide which of the array of fall colors are best suited to you.

Black, which is one of the leading colors for fall, tends to drain color from the skin. Carefully selected makeup and accessories, however, will help to replace the "lost" color, and spark both you and your costume. A touch of rouge, a darker foundation or powder and perhaps the subtle use of eyeshadow will all help restore skin color.

Many of the fall colors--the violets, mauves, browns and blues--are muted with black. Women who can't wear bright colors may now be able to wear the darkened bright colors. True blues, violets and mauves are a good choice for people who must shy away from darker colors.

And don't forget brown. Rosy-hued skin lends itself to the darker browns and mauves that are popular this season.

The best test for color is to see how it looks in daylight. See what the color does for you before you decide for or against a garment or piece of material.

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10/17/56

FOR IMMEDIATE RELEASE

Home Economists Look to Family Future

Home economists will cast an eye toward the future with the theme, "Looking Ahead With the American Family," for the Illiinois Home Economics Association fall conference.

The meeting is November 2 and 3 in the Abraham Lincoln Hotel, Springfield. It is open to home economists in teaching, research and extension and to anyone else who is interested.

Dr. Edward V. Pope, extension specialist in child development and parent education, Washington, D. C., will address the opening general session Friday at 2 p.m. His topic is "The Changing American Family."

Mrs. Katharine Alderman will speak on "The Care and Feeding of Families" at the banquet Friday night. Mrs. Alderman has been in charge of food service at the University of Illinois student union. She is a past president of the American Home Economics Association and was a Fullbright professor to Greece from 1953 to 1954.

The Saturday morning general session will feature looks toward trends in equipment, food and detergents. Dr. Elain Knowles Weaver, Ohio State University, will tell of new developments in household equipment. Dr. Weaver has been a Farm and Home Week speaker at the University of Illinois and has done extensive research in the area of home equipment.

Marion C. Bollman, head of food evaluation for the Quartermaster Research and Development Command in Chicago, and Anne Lyng,

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home economist for Procter and Gamble in Cincinnati, will tell of new developments in foods and detergents at the Saturday morning session.

A fashion show at the Saturday luncheon will conclude the meeting. Mrs. Millie Gillespie, fashion consultant for the Nelly Don Company in Kansas City, Mo., will direct the show.

Special sessions for the home economists in homemaking and college club sections will be held during this meeting. The Illinois Vocational Homemaking Teachers Association will meet before the IHEA conference and will then attend the IHEA meeting.

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MVB:cm
10/24/56

for weeklies

Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF OCTOBER 29, 1956

Keep Guns Away From Children

Even if you believe that all the guns in your house are unloaded, it's a good idea to keep them away from children, says O. L. Hogsett, extension safety specialist at the University of Illinois.

A gun cabinet with a locked door is the safest place for guns. If you don't have a cabinet, store the guns in one special place.

Ammunition, in or out of a gun, is always dangerous when played with. Keep ammunition out of the children's reach.

If you must have a gun handy for use on rodents or for protection, keep it out of sight and reach of youngsters.

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OLH:cm
10/24/56

Tart Foods Complete Wild Duck Meal

Hunters have readied their equipment and themselves for the wild duck season. So it is time for homemakers to sit down with sharp pencil and creative mind and plan a meal centered around wild duck.

Mrs. Pearl Janssen, foods specialist at the University of Illinois, offers some suggestions for preparing a wild duck meal.

Clean and prepare the duck for baking. Sprinkle the cavity with salt. For stuffing, many people prefer a small onion, onion slices, apple quarters or chunks of celery to the bread dressing usually used in poultry.

Bake uncovered on a rack in a shallow pan with the breast down for about half of the baking time. Place thin slices of salt pork on the back to keep the bird from drying out.

Most people like wild duck served either medium-rare or rare. The baking-time guide for rare duck is about 20 to 22 minutes per pound at 350° F. If the bird is young, you might bake it at 450° F. for 20 or 30 minutes, depending on the size.

Other typically fall foods will complete this meal in fine style. Wild rice is a natural accompaniment for wild duck. And you might want to serve a tossed salad with a rather tart dressing. Hot breads served with currant, wild plum, wild cherry or other tart jellies are usually favorites for this type of meal.

A tray of fresh fruit, crackers and cheese would be a good selection for dessert. You might place a baby Gouda in the middle of the tray and surround it with other kinds of cheese, crackers and fruit. For the fruit you might serve plums, pears, grapes and apples.

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MVB:cm
10/23/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF NOVEMBER 5, 1956

No More Soggy Snow Suits

An improved water-repellent finish for snow suits should brighten mothers' thoughts of coming winter months.

Jane Werden, University of Illinois textiles and clothing specialist, says a new silicone finish has been introduced to water-repellent finishes for snow suits and can be applied to a fabric of any fiber content.

This water-repellent finish allows the fabric to "breathe," or let air enter and escape. It not only makes the suit more comfortable for the child to wear, but, since it sheds water, he will be less likely to chill.

Another good thing about this silicone finish is that it makes the fabric resistant to soil and non-oily stains.

This finish is considered durable rather than permanent. But, if it is applied properly, it should last the lifetime of the snow suit, says Miss Werden.

Some of the snow suit fabrics that have this silicone finish are called Zelan, Permel Plus, Hydropruf, Norane 4-Star and Super Cravanette.

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MVB:cm
10/31/56

FOR RELEASE WEEK OF NOVEMBER 5, 1956

Church Women Find Quantity Service Easy

Women's church societies are in the quantity food service business today, says Mildred Bonnell, adviser for restaurant management work, at the University of Illinois.

Through sound management and wise planning, the women find that church dinners pay dividends.

One of the first steps is to decide how much must be spent for food and how much will be left as a legitimate margin to compensate for their work. To get this information they must determine how much each plate will cost.

The use of standardized menus and recipes leads to these decisions, says Miss Bonnell.

Another device for saving money on the amount of food purchased is to buy in quantity. Since meat is the most expensive item on a menu, your wholesale meat market will be a great help. The butcher can advise you on good buys of the week and the quality of cuts suited for a particular type of service.

Church workers realize that use of standard-sized cooking and baking utensils gives the best control over food production as well as over sizes of servings. Both help to keep costs down.

It's a good idea to post and consistently follow charts that show the number of servings to expect from a standard plan. Use standardized dippers, rulers for markers and scales to maintain standard-sized servings. These measuring devices are good for such foods as soup, potatoes, puddings, salads, desserts and meats.

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MSR:cm
10/30/56

FOR RELEASE WEEK OF NOVEMBER 5, 1956

Safety in the Kitchen

To cut down 1955's toll of 28,000 home accidents, homemakers must give constant attention to home safety, says O. L. Hogsett, University of Illinois safety specialist.

The kitchen is probably the center of most accidents, according to Hogsett. Newly waxed floors invite falls unless the family is warned to tread with care. A good rule to follow for safety in the kitchen is to wipe up and pick up spilled food, grease, water and peelings. Then the danger of slipping is minimized.

Know the danger spots in your kitchen and try to correct them.

Urge your family to be thoughtful and considerate of others at all times. This thoughtfulness and consideration will help to clear the way to accident-free homes, says Hogsett.

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OLH:cm
10/30/56

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF NOVEMBER 12, 1956

Versatile Cranberries for Salad or Dessert

A frozen cranberry salad made now can be a time-saver during the stepped-up pace of the holiday season. And you can use it as either a salad or a dessert.

Mrs. Pearl Janssen, University of Illinois foods specialist, says this frozen product will help you use your time efficiently, since one recipe makes about 20 servings.

This salad-dessert will keep for several months in your freezer. By making it now you can also serve it later when the berries are out of season.

Frozen Cranberry Salad

- 1 quart raw cranberries
- 2 cups raw apples (remove skins if tough)
- 1 pound marshmallows, cut into fourths
- 1 cup sugar
- 1/2 cup nuts, chopped
- 2 cups heavy cream, whipped

1. Grind cranberries and apples together.
2. Add marshmallows and sugar. Let stand for 15 minutes or overnight.
3. Mix with nuts and whipped cream.
4. Turn mixture into refrigerator trays or pans to a depth of about 1 1/2 inches.
5. Cover with foil. Freeze.

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MVB:cm
11/7/56

Harsh Abrasives Can Scratch Sinks

The sink is probably one of the busiest places in your home, and it needs special care to keep it bright and shiny.

Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house, reminds you that scouring powders are available in varying degrees of harshness and that you should use as mild a one as possible on your sink.

Harsh abrasives can scratch the surface of the sink. These scratches form crevices that collect grease and dirt. As more dirt collects, you scrub with more scouring powder and it becomes a vicious circle.

One noted authority on household equipment suggests using only baking soda in new sinks.

If stubborn food stains form, you may need to use a bleach. Put one-half inch to one inch of water into the sink and add two or three tablespoons of chlorine bleach. Swish the solution around the sides with a dish cloth. Let stand about five minutes and then drain.

When rust stains form, wet the sink and sprinkle a rust-removing cleanser on it. Rub with a damp dishcloth until the stain disappears. Be sure to rinse thoroughly. A caution here--use rust-removing cleanser for rust stains only--not for daily cleaning.

Also remember never to clean chrome trim with scouring powder because it damages the finish. To clean chrome use only soap and water. Then dry with a cloth or paper towel.

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MVB:cm
11/7/56

FOR RELEASE WEEK OF NOVEMBER 12, 1956

Steam Rather Than Press Sweaters

The care you give your sweaters is perhaps more important than the kind of sweater you buy.

Jane Werden, University of Illinois textiles and clothing instructor, says the way you put a sweater on and take it off greatly affects its life. Do it slowly and easily and the neck and sleeves won't stretch too much.

Wash your sweaters or have them dry-cleaned before they become too soiled. To be on the safe side, measure them before washing so that you can block them correctly. Keep the wash and rinse waters the same temperature. Use a mild neutral detergent or a special cleaning compound that you can buy for use on sweaters.

Block sweaters while they are still damp. When you use a steam iron, just touch it gently to the sweater. In other words, steam rather than press it.

There doesn't seem to be any way to tell whether a sweater will pill or ball, says Miss Werden. However, she suggests that you avoid any unnecessary abrasion, such as carrying books in the same place all the time. Since synthetic fibers are stronger than wool, the pills or balls will stay on them but will rub off wool fibers. You can remove pills or balls by carefully shaving them off with a razor.

Fold sweaters neatly and keep in a drawer for storage. Plastic bags will prevent them from snagging.

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MVB:cm
11/7/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF NOVEMBER 19, 1956

Light Affects Fabric Colors

Light does strange things to fabric colors, according to Ellen Hansen, University of Illinois clothing and textiles specialist.

The fluorescent light in stores will actually change a color by adding blue tones.

With the darker colors so popular this year, it is especially important to see the color of the dress in daylight. Whenever possible try to see how the color looks on you in daylight, says Miss Hansen.

The skin tone of your hand is similar to that of your face. If it's not practical to see what the color does for you in daylight, put the top of your hand on the dress at a window. That will help tc tell whether the color is good for you.

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MSR:cm
11/14/56

FOR RELEASE WEEK OF NOVEMBER 19, 1956

Ornamentals Need Care in Late Fall

Although your woody ornamental trees and shrubs generally need little care, they will be more attractive and healthier throughout the year if you water, properly fertilize and correctly prune them in the late fall, says C. E. Ackerman, University of Illinois floriculture specialist.

Your ornamentals in lawn areas may have suffered during the unusually dry weather. If so, infrequent but thorough drenching of the soil is better than frequent light surface waterings for both ornamentals and lawn area.

Evergreens especially require an abundance of water in the fall before the ground freezes. It helps prevent some of the common winter injuries, such as windburn and sunburn of the leaves.

After deciduous trees and shrubs have shed their leaves, you can safely apply fertilizer in the late autumn. You can also apply some of it to lawns and "water it in" at this time.

Do not, however, fertilize evergreens at this time of year. An abundance of nitrogen, especially at this time, will induce a soft type of growth that is susceptible to winter injury.

Cut off any broken, dead or poorly branching limbs during the autumn. If the cut surface is larger than two inches in diameter, paint it with asphalt tree wound dressing. The cut surfaces of evergreens need not be treated, since the resinous sap at the cut surface dries quickly and forms a protective layer against drying and disease organisms.

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MVB:cm
11/13/56

FOR RELEASE WEEK OF NOVEMBER 19, 1956

Roasting Time Listed for Young Birds

Because both turkeys and chickens are plentiful this fall, many homemakers are asking for information on length of roasting time.

Geraldine Acker, University of Illinois foods specialist, has compiled a chart listing the roasting time and temperature for different sizes of turkeys, chickens, ducks, geese and guineas.

For this information, write for "Timetable for Roasting Young Birds," Department of Home Economics, University of Illinois College of Agriculture, Urbana, Illinois

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Chart for Cooking Turkey in Foil

Complete directions for preparing and roasting turkeys in foil are given on a chart compiled by Geraldine Acker, University of Illinois foods specialist.

Suggestions for wrapping, roasting, browning and stuffing the birds are also given.

If you would like a copy, write for "Cooking Turkey in Foil," Department of Home Economics, University of Illinois College of Agriculture, Urbana, Illinois.

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MVB:cm
11/14/56

for weeklies

Homemaking news

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FOR RELEASE WEEK OF NOVEMBER 26, 1956

Amateur Artists Eligible for Art Show

Amateur Illinois artists living in the country or in towns of less than 10,000 population are eligible for the University of Illinois College of Agriculture Town and Country Art Show.

The show is January 27-31 and is held in connection with Farm and Home Week, says D. A. Brown, University of Illinois agricultural librarian and chairman of the show.

This is the second art exhibition sponsored by the University of Illinois College of Agriculture. Entries must be recent original work and they can be in oil, water color, pencil, charcoal, pastels, ink or any other medium on paper, canvas or other flat surface. Or they may be ceramic pieces, metal enameling or wood carvings.

No kits, or numbered pictures, are eligible. The pieces must also be new to this competition; they can not have been entered in last year's show.

Anyone may submit up to three entries, and the committee selects the final exhibits for the show.

For each piece of work submitted, a complete application form must be filled out. These forms may be obtained from the county farm or home adviser or the Town and Country Art Show, 226 Mumford Hall, University of Illinois, Urbana, Illinois.

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MVB:cm
11/20/56

Don't Over-Beat Boiled Frosting

A good boiled frosting adds glamour to a cake, but a thin, tough or sugary one detracts from it.

Mrs. Pearl Jassen, University of Illinois foods specialist, gives some tips and a recipe for making a smooth and glistening frosting.

Over-beating may cause several flaws in a boiled frosting. It may make the frosting thin and runny or, on the other hand, it may make it tough, sticky and hard to cut. It can also cause a sugary crust.

The cream of tartar and larger proportions of eggs in this recipe tend to prevent a sugary crust.

You can substitute brown sugar for the granulated sugar. If you do, omit the cream of tartar because the acid in the brown sugar has the same effect.

This recipe will frost a two-layer cake.

Boiled Frosting

1 cup sugar
1/4 teaspoon cream of tartar
1/2 cup water
1/8 teaspoon salt
2 egg whites, unbeaten
1/2 teaspoon vanilla

Combine sugar, cream of tartar, water and salt and boil to 244° F. Place egg whites in small bowl of electric mixer. Pour the hot sirup slowly into the egg whites. Begin beating when you start adding sirup. Add vanilla. Beat about 6 minutes, or until the frosting holds its shape. Spread on cake.

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MVB:cm
11/21/56

Safety Fillers

Where there are no sidewalks, both children and adults should walk on the left-hand shoulder of the road. Then they can see cars approach.

Bicycle riders not only must obey traffic signs, but must be ready to give way to thoughtless, careless drivers. Bicyclists should use the right lane and keep close to the curb or edge of the road.

Children who ride a school bus should follow two main rules: Obey the driver, and be careful of traffic when entering or leaving the bus. There is always a chance that a car may not stop when the school bus does.

Arrange living-room furniture to give maximum clear space. Clear traffic lanes will help to prevent home accidents.

Strong grab bars and non-skid mats near the bathtub give insurance against falls in the bathroom.

Tacked-down stair pads accomplish two purposes: They give the stairway a neater appearance, and they also prevent possible serious falls.

Well-lighted stairs expose danger spots and warn the walker to be careful.

OLH:cm
11/21/56

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF DECEMBER 3, 1956

Avoid Haste During Holiday Season

Allowing last-minute jobs to accumulate usually causes people to become nervous and careless. The result is often an accident, says O. L. Hogsett, extension safety specialist at the University of Illinois

With the holiday season at hand, you will probably be entertaining. So start your meals in time to avoid haste and confusion. A simple, easily prepared meal eliminates the need for haste and reduces the threat of kitchen accidents.

When guests are expected, plan your meal as far in advance as possible. To avoid last-minute haste, plan to serve meats, salads and desserts that can be prepared in advance. A good manager keeps a well-stocked reserve for unexpected guests. Then she will not lose her composure in such emergencies.

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OLH:cm
11/28/56

FOR RELEASE WEEK OF DECEMBER 3, 1956

Jonathan, Stayman Apples Good To Freeze

Jonathan and Stayman apples are good general-purpose apples, and they are two of the best varieties for freezing, says Frances O. Van Duyne of the University of Illinois foods research staff.

In selecting apples to freeze, choose only firm, ripe ones, not those that are mealy. Wash, core, peel and cut in 16ths. Pack in moisture-proof and vapor-proof containers and cover with a 40 percent sirup.

To make the sirup, use 1 cup sugar and 1 1¼ cups water. Dissolve the sugar in the water by stirring, or heat the mixture to dissolve the sugar more quickly. However, if you heat it, be sure to cool it before you put it on the apples.

Another way to freeze apple slices is to wash, core, peel and slice them in 16ths. Then blanch the slices in steam for 3 minutes. You can pack them plain or use the 40 percent sirup.

If you use the sirup pack, be sure to leave head space so that the contents can expand during freezing. Leave one-half inch in pint containers and one inch in quart containers.

Label each container with the name of the product and the date. Freeze and keep at 0° F. or lower.

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MVB:cm
11/28/56

FOR RELEASE WEEK OF DECEMBER 3, 1956

Help Santa Pick Durable Toys

When you and Santa go shopping for toys, be sure to select durable ones, says Pat Robinson, University of Illinois child development and family relations specialist.

Of course, few toys are completely unbreakable, but there are degrees of durability in all toys. Since more than one child usually plays with every toy, durability is very important.

Construction is a key to durability. More and more hard rubber and unbreakable plastics are becoming available all the time, and they make good, strong toys. But beware of brittle, rough-cut edges in both plastic and metal toys.

Well-constructed toys made of hard woods are also good, but they should have well-rounded corners and be well sanded so that the child won't pick up splinters. If there are removable parts, they should be large enough to keep a youngster from swallowing them.

Almost all toys are painted today, so buy those using bright primary colors and non-toxic paint, says Miss Robinson. Most of the large toy manufacturers use non-poisonous paints.

Another thing to check is playability. If there are wheels on a truck, do they move easily? If a doll has a set of clothes, can she be dressed easily?

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MVB:cm
11/28/56

for weeklies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF DECEMBER 10, 1956

Keep Wet Crepe Paper Off Rugs

Wet crepe paper almost always leaves an indelible stain on rugs and carpets, says Dorothy Iwig, University of Illinois home furnishings specialist.

But you may be able to remove part of the stain if you act quickly. Miss Iwig advises you to follow the suggestions from the National Institute of Rug Cleaning to remove these stains, which often occur during the holidays.

Mix one teaspoon of neutral soapless detergent (the type advertised for washing fine fabrics) in one-half pint of lukewarm water.

Put a few drops of the detergent solution directly on the stain. Blot the stained area with a clean, white, unstarched cloth or cleansing tissue. Do not rub, because you will set the stain more. Begin at the outer edge of the stain and work in. You may have to repeat this procedure several times.

Then absorb all of the remaining moisture with a clean, damp cloth. You can dry the area quickly by blowing air directly on it with a fan or vacuum cleaner.

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MVB:cm
12/5/56

FOR RELEASE WEEK OF DECEMBER 10, 1956

Fall Care of Perennials Pays Off

The long-time garden favorites--chrysanthemums, iris, hollyhocks, peonies, phlox and other perennials--are inexpensive to grow, and with seasonal care they need little time and effort to maintain.

C. E. Ackerman, University of Illinois floriculturist, says to remove and burn the dead leaves and stems of the plants in late fall. This helps to reduce some plant disease problems of perennials.

Apply a small amount of an appropriate fertilizer to the soil around each perennial. Do not apply it directly on top of the crowns of the plants. After applying the fertilizer, add mulching material.

Alternate freezing and thawing causes the plants to heave from the soil and be exposed on the surface. This condition, rather than extreme cold, is the real danger to many perennials. After the ground freezes, apply a mulch of peat moss, ground corncobs or hardwood sawdust to the soil around the plants.

Do not, however, put a mulch over the iris rhizomes. These plants prefer a dry overwintering condition.

To make winter protection for chrysanthemums, peonies or even rose bushes, cut a few ventilating holes in the sides of a few bushel baskets and put them bottom side up over the plants. Remove them in the spring after the last killing frost.

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MVB:cm
12/5/56

FOR RELEASE WEEK OF DECEMBER 10, 1956

Make Leather, Fur, Felt Scraps Useful

Scraps of leather, fur and felt find their place in fur and felt scuffs, hat and mitten sets, leather and felt handbags and belts.

These articles need not always be made from new material. In fact, some of the most attractive ones are restyled from scraps.

One zipper purse you might like to make combines a fur felt hat and wide leather belt. The sides of the bag are made from the felt and the handle from the leather.

You may want to braid leather suspenders to make a belt. Or you can sew pieces of felt or fur together for other belts.

For information on other articles you can make and directions for making the patterns, write for "Make-Overs From Leather, Fur and Felt," College of Agriculture, University of Illinois, Urbana, Illinois.

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MVB:cm
12/5/56

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF DECEMBER 17, 1956

Care for Gift Flower Plants Promptly

Flowering plants are welcome Christmas gifts to brighten a home, but their loveliness soon fades if they are not given proper care, says G. M. Fosler, University of Illinois floriculture specialist.

Since gift plants are usually in full bloom when you buy or get them, they almost always need prompt watering. Keep the soil moderately moist so that the plants will not wilt. Watering from the bottom (immersion method) is generally the best method, but there should be some way for the excess water to drain off.

Except near a window the average room does not have enough light to allow a plant to carry on the process of manufacturing food. Flowering plants do best when placed in a south, east or west window just out of the direct rays of the sun. Do not place them near radiators, air conditioners or in drafts. Keep the temperature at not over 75° F. during the day and 15 to 20 degrees lower at night.

Promptly remove the withered blooms and damaged or diseased leaves. This will help keep the plant healthy and attractive and may help to keep it in bloom.

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FOR RELEASE WEEK OF DECEMBER 17, 1956

Frozen Cooked Turkey Loses Some Flavor

Too much holiday turkey need not bother you because you can freeze the surplus if you are willing to sacrifice some of the flavor, says Frances O. Van Duyne of the University of Illinois foods research staff.

She advises using the meat fresh if possible because the original flavor changes during freezer storage. But you can freeze it easily if you need to.

Too much exposure to air gives turkey a warmed-over flavor and odor and also dries the meat, so it is best to freeze it in rather large pieces and pack it tightly.

Freeze turkey products as soon as possible after cooking and cooling. Remove the bones to pack the pieces compactly and save storage space. If you freeze dressing and gravy, pack them separately. You may want to reheat and cool the gravy before freezing it to decrease the amount of bacteria that may be present.

Wrap the turkey tightly in freezer-grade aluminum foil or cellophane or in one of the plastic wrapping materials used to protect frozen foods. Because freezer storage affects the flavor, do not leave the meat in the freezer more than two or three months.

You can thaw pieces of frozen cooked turkey in the original package and serve it as is or use it in sandwiches or salads.

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FOR RELEASE WEEK OF DECEMBER 17, 1956

Toy Telephones Help Develop Manners

Children aren't necessarily "copy cats." But they do like to do things that they see their parents and other people do, says Pat Robinson, University of Illinois child development and family relations specialist.

Using a telephone is a good example, according to Miss Robinson.

You can find toy telephones suitable for a wide age range. There are very simple ones for two-year-olds and more complicated dial telephones for older children. One type is complete with batteries and wires to actually carry sound.

Another one is a wooden dial phone. The child inserts wooden coins in the proper slots and a bell rings after the number is dialed. Pressing down the receiver causes the coins to be released.

Two telephones are even more fun than one. When youngsters talk on phones together, they learn to cooperate and also practice good manners.

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12/12/56

for weeklies

Homemaking news



IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF DECEMBER 24, 1956

Will You Be Among Them?

"You have two weeks to live!"

How would you like to have someone make that shocking statement to you? Ridiculous, you say? You've never been in better health or felt better.

O. L. Hogsett, University of Illinois extension safety specialist, says that hundreds of healthy people have only a matter of days to live. They are the more than 600 who will be killed in holiday traffic accidents between Christmas and the New Year. Thousands more will be injured unless motorists drive more carefully.

The end-of-the-year holiday season is the most dangerous time of the year for drivers. Hogsett cites these two facts: more people are killed in December than in any other month, and more people are killed on Christmas Day than on any other day. He says that two reasons for this increase are fatigue and overindulgence.

Here is a bit of advice for all: Don't drive if you have been drinking. If you have to drive, be smart and make that "one for the road" a cup of hot, strong coffee.

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12/19/56

FOR RELEASE WEEK OF DECEMBER 24, 1956

January 7 Deadline for Art Show Entries

Entries from Illinois amateur artists for the Town and Country Art Show January 27-31 should be in the final stages of preparation.

D. A. Brown, University of Illinois agricultural librarian and chairman of the show, says that entries must reach the campus by January 7. All should be suitably framed or mounted to protect them in mailing and to make an attractive display.

Members of local art groups may want to submit their entries together and send them by car or truck. If not, entries should be mailed in wooden containers if possible, especially for three-dimensional pieces. None should be framed in glass.

They should be carefully packed and sent prepaid to Town and Country Art Show, Room 226 Mumford Hall, Urbana, Illinois.

Entries must be recent original work in oil, water color, pencil, charcoal, pastels, ink or any other medium on paper, canvas or other flat surface. Or they may be ceramic pieces, metal enameling or wood carvings.

The works will be judged and 10 awards made during Farm and Home Week. For further information, contact the county farm or home adviser.

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FOR RELEASE WEEK OF DECEMBER 24, 1956

First Books Affect Child's Reading Attitudes

A child's future attitude toward books depends largely upon the books you select for him as a child.

Queenie Mills, University of Illinois child development and family relations specialist, says, "When you buy books for a four- to five-year-old child, consider his background and past experience."

Children of this age are not ready for fairy tales, but they enjoy simple picture book stories in which children like themselves have imaginary adventures.

Most four- and five-year-olds are beginning to broaden their interests and want to find out more about the world around them. Many begin to develop a strong interest in simple imaginative stories at this age, too.

If, on the other hand, the child has had little experience with books, he will need simple picture books and beginning stories.

While you examine a book for its worth, look carefully at the quality of the writing. Avoid books with careless English or books that are written "down" to a child. Remember that your child will repeat many things you read to him.

Try to find books that use simple, clear language he will understand, but language that lifts the story above the ordinary.

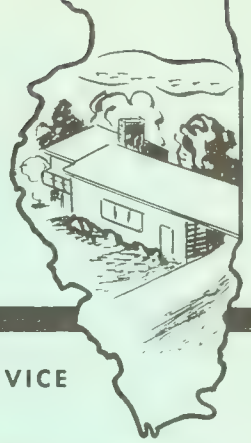
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for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF DECEMBER 31, 1956

Music in Home Affects Child Most

Father sings in the shower, mother hums to the baby, brother and sister whistle and sing while doing things around the house. All this "music", whether on key or not, means more to a child at home than listening to trained performers.

Anne Kruzic, nursery school teacher at the University of Illinois child development laboratory, says that even if you can't carry a tune, this doesn't matter to your child if you sing enthusiastically, light-heartedly and enjoy it.

Children are copycats in singing, not critics.

Begin singing around the house with long-time favorites. Try mursery songs like "Twinkle, Twinkle Little Star"; camp songs such as "My Darling Clementine"; folk songs like "Down in the Valley"; or old popular songs.

If the words have slipped your mind, a librarian may be able to help you find them.

Sing whenever you can--working or relaxing. Your youngsters will soon pick up the songs. They may even introduce variations for your enjoyment like the child who sang, "I come from Alabama with my Band-Aid on my knee."

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FOR RELEASE WEEK OF DECEMBER 31, 1956

Plan Spring Flower Garden in Winter

Some thought directed toward your flower garden during the winter will reward you with an attractive garden next spring and summer.

C. E. Ackerman, University of Illinois floriculture specialist, says that you should consider the past season's results as a starting point. Was your garden as attractive and productive as it might have been? If not, why?

Perhaps your garden soil was not fertile enough. A soil test will tell you how much and what kind of fertilizer to apply.

Or maybe your garden soil has poor physical structure. If the soil is cloddy and compact, you can improve it by spading into it some such organic matter as peat moss or similar material. Its about a bushel of peat for each 125 square feet of garden.

You may wish to add new colors and varieties to your garden. Check a flower seed catalog for suggestions. Browsing through a flower catalog is a pleasant winter pastime for many people. You can select plants and flowers from it that will help create pleasing effects of color, form and texture in the garden.

Ackerman points out that your garden will be attractive if you use plant characteristics for effect and motif. Arrange the plants so that they harmonize with and complement each other in your garden.

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FOR RELEASE WEEK OF DECEMBER 31, 1956

Tours Set for UI Home Ec Buildings

Farm and Home Week, January 27-31, at the University of Illinois will be of special interest to women this year because many of them will see the new home economics building and child development laboratory for the first time.

Tours are planned through the new Bevier Hall home economics building which is nearly complete and the new child development laboratory which is complete and in operation.

Homemakers programs for the week include information on washing by Ann Lyng, home economist for Procter and Gamble, views on building homemakers by Laurence C. Jones, president of Piney Woods Country Life School in Mississippi, and a discussion and demonstration of electronic cookery by other authorities.

The annual meeting of the Illinois Home Bureau Federation will be Tuesday morning January 29 Horticulture and other programs are planned for women not attending this meeting.

Mrs. Marion S. Eberly, director of the women's division of the Institute of Life Insurance, will speak on financial security for today's farm families at the general session on Tuesday afternoon.

Another feature of the week will be the Town and Country Art Show where Illinois amateur artists will display some of their recent original works.

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for weeklies

Homemaking news



VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 7, 1957

Picture Stories for 3- to 4-Year-Olds

Whether a book lies idle on a shelf or is used almost daily depends largely on how carefully you select it to meet your child's interests and needs.

Queenie Mills, University of Illinois child development and family relations specialist, says that a three- to four-year-old child is still interested in himself. But his experience has increased so that he is also interested in other children and people outside of his home.

He wants more in a picture than mere objects to name, so give him picture story books in which the pictures tell a story. At this age he is ready for simple experience stories and a few simple folk tales.

Don't forget that he is still fascinated by rhythm and repetition, so Mother Goose rhymes and other jingles are still good.

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FOR RELEASE WEEK OF JANUARY 7, 1957

Liver Tops Meats in Food Value

The best things for your family often come in small, inexpensive packages.

Mrs. Pearl Janssen, University of Illinois foods specialist, says that liver tops all meats in food value and is relatively inexpensive.

Liver gives high-quality protein needed by everyone regardless of age. It also adds generous amounts of iron, vitamin A and the B vitamins to the diet.

In comparing liver with lean cuts of beef and pork, Mrs. Janssen points out that it takes two and one-half ounces of either beef or pork to supply the same amount of riboflavin as one-fifth ounce of liver.

When you cook liver, cook it at low temperature and do not overcook it. If the meat is from young animals, you can cook it with dry heat. But if it is from older animals, use moist heat. High-quality beef and lamb liver can be cooked the same way as calf liver.

To add a new flavor, broil some liver slices. Brush the slices with melted butter or margarine. Place the broiler rack so that the surface of the meat is about 3 inches from the source of heat. Broil the meat 4 or 5 minutes on each side, brushing again with melted butter or margarine before turning. A little lemon juice added to the melted butter or margarine gives a tangy flavor to the liver.

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FOR RELEASE WEEK OF JANUARY 7, 1957

Check Prices Before Buying Milk

You might be able to save money when you buy fresh whole milk by following these wise milk shopping suggestions made by R. W. Bartlett, University of Illinois dairy economist.

First, compare prices for milk of the same quality from different companies. Order from the one that gives you the best deal.

Check to see whether the dairies in your community offer discounts on large home deliveries. Such discounts can be important, especially if you have a large family.

Also, you may be able to save as much as three cents a quart by carrying milk from the store rather than having it delivered at home.

Investigate the cost of milk in large containers. In some localities milk costs less in two-quart or gallon containers than in quarts or pints.

You shouldn't forget that even though the price of milk may seem high, you are still getting one of the biggest food bargains on the grocery shelf, Bartlett adds.

Just as an example, an ounce of pure protein in milk costs 35 to 40 percent less than an ounce of pure protein in other animal products. As a result, milk is an inexpensive way to improve your diet.

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FOR RELEASE WEEK OF JANUARY 7, 1957

Square, Folk Dance Starts Sports Festival

The square and folk dance is the first in a series of events making up the 1957 Illinois Farm Sports Festival. The first of these dances is scheduled for January 29 during Farm and Home Week at the University of Illinois.

E. H. Regnier, University of Illinois rural recreationist, says that each county may enter five divisions--open class square dance team and caller, open class folk dance team, rural youth square dance team and caller, rural youth folk dance team and caller and square or folk dance band.

Each square dance team nominates one of its members to the jury of judges. In this way, ratings are determined by scoring each other.

Deadline for entries is January 19. The entries must be sent through the county farm or home adviser's office to Mr. Roy Will, 43 East Ohio Street, Chicago 11, Illinois.

All participants will join in the Winter Festival program during Farm and Home Week on Tuesday evening in Huff gymnasium. The program is open to everyone.

Regnier says that the Farm Sports Festival has grown from a two-day affair into a year round program of bowling, basketball, trap shooting, softball, swimming and 4-H physical fitness.

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homemaking news

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FOR RELEASE WEEK OF JANUARY 14, 1957

Bulletins Give Family Meal Plans

Bleak winter days need not mean drab meals when you plan and prepare them carefully. The U. S. Department of Agriculture has issued two bulletins on meal planning for families with preschool and school-aged children.

These publications give food needs of individual family members and points on buying, storing and preparing foods. They also suggest menus for a week and give a week's market list for the family.

If you would like these bulletins, write for "Foods for the Family With Young Children" and "Food for Families With School Children," College of Agriculture, University of Illinois, Urbana, Illinois.

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FOR RELEASE WEEK OF JANUARY 14, 1957

Kidneys Are Bargains in Nutrition, Price

The real bargains at meat counters come when you select variety meats like kidneys.

Mrs. Pearl Janssen, University of Illinois foods specialist, says that kidneys are one of the most nutritious as well as one of the most inexpensive meats.

Kidneys rank second only to liver in the amount of iron they supply. They also furnish important amounts of vitamins and other minerals.

To cook kidneys, first remove the tubes. Soak the meat in salt water for one hour to develop a mild flavor. If the meat comes from young animals, you can cook it with dry heat; but if it is from older animals, you should use moist heat. And of course use low temperatures regardless of the way you cook it.

Mrs. Janssen suggests trying a kidney and bacon grill. First prepare the kidneys as mentioned above. Then, with a small skewer or toothpick, fasten a slice of bacon around each piece of kidney. Dip each into an egg mixture and into sifted bread crumbs. Bake at 350° F. for about 40 minutes.

If you like, you can put the bacon and kidneys on metal skewers and broil.

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FOR RELEASE WEEK OF JANUARY 14, 1957

Finances, Electronic Cooking at Farm, Home Week

From family finances to roses and electronic cooking, women attending Farm and Home Week, January 27-31, at the University of Illinois will hear about and see the newest and latest achievements.

Mrs. Marion S. Eberly, director of the women's division of the Institute of Life Insurance, will give women some pointers Wednesday morning on meeting their financial future. She will also address the general session Tuesday afternoon on "Financial Security for Today's Farm Families."

Special sessions for home gardeners are scheduled twice daily from Monday through Wednesday. They include discussions on roses for every garden ornamental ground covers, flowers for the occasional table and a fruit tree pruning demonstration.

There will be horticultural exhibits and gardening information booths in the floriculture building and also tours of the greenhouses at 2 p.m. Monday through Wednesday.

Home economists of the Illinois Power Company and Frances O. Van Duyne of the U. of I. foods research staff will discuss the use of electronics in the home and demonstrate electronic cookery at the Thursday morning session.

Organized tours of Bevier Hall, the new home economics building, and the Child Development Laboratory will be conducted throughout the week.

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for weeklies

Homemaking news



IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JANUARY 21, 1957

Add Milk to Diet Without "Drinking" More

It isn't necessary to get all the milk you need by drinking it from a glass, according to Harriet Barto, University of Illinois dietetics specialist.

Milk in cooked and otherwise prepared foods can add nutritive value and extra flavor--and thus help to make sure that you're getting the right amount of milk for a balanced diet.

Here are some ways in which you can add milk to your family's daily diet.

At breakfast, use milk instead of water for cooking cereals. Make homemade soup with milk and a variety of vegetables--used singly or in combination.

Desserts bring milk to the table in the form of cream, pumpkin and custard pies. Other desserts that use milk include ice cream, milk sherbets, both baked and "stirred" custards, bread, rice and cornstarch puddings and Bavarian creams.

A one-dish meal might be built around a casserole using meat, chicken, cereal or vegetables. A real treat is a chicken and noodle dish with a cream sauce and buttered crumb topping, or macaroni and cheese--each of these foods uses plenty of milk.

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And here's a way to make food about twice as rich in milk value: add half a cup of dry milk to a pint of fluid milk in making soups, mashed potatoes, cooking cereals and beverages like cocoa or chocolate.

There's sound reason for giving thought to this way of getting more milk into meals, Miss Barto says. Milk is the richest food source of calcium and a very rich source of riboflavin. And it's hard to get enough of either nutrient without milk--an inexpensive source of both.

But along with calcium and riboflavin, milk contains many other nutrients--including minerals, vitamins, sugar (lactose, which is milk sugar) and protein. All of them together make milk a very special food.

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FOR RELEASE WEEK OF JANUARY 21, 1957

Recreation at Farm, Home Week Too

A chance to see yourself on television, armchair tours to lands far and near, a floor show, exhibits and demonstrations to catch your interest and test your skill--these and other activities are scheduled for the Farm and Home Week open house Monday night, January 28, at the University of Illinois.

Recreation and entertainment take the spotlight for the evening programs during Farm and Home Week, January 27-31.

Tuesday evening's feature will be the Folk and Square Dance Jamboree. Here you will see callers, teams, bands and dancers from the Farm Sports Festival finals. Between 25 and 35 teams are expected to participate in this program, which begins the 1957 Illinois Farm Sports Festival.

The Rural Music and Drama Festival will take the spotlight Wednesday evening, when stage productions of selected one-act plays, sketches and music features will be presented. These acts will represent county festival selections from 15 county shows.

You can buy tickets for the Music and Drama Festival at the box office in the Illini Union or the Auditorium.

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Homemaking news

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FOR RELEASE WEEK OF FEBRUARY 4, 1957

Force Bulbs in Water or Pebbles Now

Colorful spring flowers will add a note of interest to your home within a few weeks if you plant them now.

C. E. Ackerman, University of Illinois floriculture specialist, says that hyacinths, crocuses and daffodils are the easiest and best spring bulbs to force indoors. These bulbs contain miniature plants that are ready to grow and flower when you give them proper light, moisture and temperature. The flower colors include white, yellow, pink, red, blue and lavender.

Forcing bulbs in water or in pebbles is the simplest and cleanest method. Bulbs forced this way, however, are practically worthless for future use and should be discarded after they bloom.

These bulbs will bear flowers about five weeks after planting. You can have a succession of blooms from January to April if you plant them about 10 days apart over a period of several months. You can use them to decorate the table, the living room or other areas in your home.

To force bulbs in this way, place a bulb atop a glass of clean water, preferably rain water. The top of the glass will support

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the bulb. Be sure the base of the bulb does not quite touch the surface of the water. The roots will grow and reach the water within a short time.

If you use pebbles, select small, clean, evenly graded ones. Either white or colored ones are satisfactory. Put them in an attractive, shallow bowl. Press the bulbs firmly into the pebbles. Then add enough clean water to bring the water level just below the base of the bulbs. The roots will soon develop and spread throughout the pebbles to support the bulbs firmly.

A word of caution: The most important thing in forcing bulbs, regardless of method, is to get substantial root development before top growth begins. You can do this by putting the planted bulbs in a dark place where the temperature is very cool, but not freezing, for about 10 days. These bulbs do not force satisfactorily at high temperatures.

When the roots are about two inches long, put the bulbs in a light and warmer room, preferably near a north or an east window. After the tops are entirely green, move the bulbs to a place near a south window to complete their growth.

Frequently replace the water lost from the container through absorption by the plant or by evaporation. Usually you will not need to fertilize the plant.

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Stagger Vegetable Cookery

Since vegetables are becoming a more significant part of the diet, it is important that they be prepared attractively and properly, whether in a home or restaurant.

Mildred Bonnell, adviser for restaurant management work at the University of Illinois, says that homemakers can take this tip from successful restaurant managers: Prepare only enough vegetables to serve immediately, and time the cooking period carefully.

Enterprising restaurant managers cook vegetables in staggered amounts to last for about 10 minutes of service. Modern installations provide trunion kettles heated by steam. The kettles are mounted in a row on a stand, and each vegetable can be started at a different time.

The kettles are stationary but can be tilted to take out vegetables and to clean. A water faucet over each kettle furnishes water for cooking and cleaning.

Miss Bonnell says that homemakers won't have these kettles, but they can cook vegetables in small amounts and carefully time the cooking periods.

Amount of cooking greatly affects both flavor and appearance of vegetables. And people, whether in restaurants or homes, often select vegetables for both of these qualities.

Vegetables like Brussels sprouts, cauliflower or cabbage turn brown when overcooked, and many other green vegetables lose color. Of course, overcooking also destroys many vitamins and minerals.

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Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF FEBRUARY 11, 1957

Dedicate UI Home Ec Buildings
April 4-6

The hopes and dreams of of thousands of Illinois women, homemakers and professional--will be officially recognized April 4, 5 and 6 at the dedication of the new University of Illinois home economics buildings.

Completion and dedication of the new Bevier Hall and the Child Development Laboratory marks the start of an expanded program of education in home economics for young women at the University.

Professional people from all over the country will join the Illinois women in dedicating these new buildings to improved home economics education.

Dedication speakers during the first two days will focus on the theme, "The Challenge for Home Economics." Nationally known home economists and educators will discuss the home, community, international affairs, higher education, business and research in relation to home economics.

Judge Florence Ellinwood Allen, member of the U. S. Court of Appeals for the Sixth Circuit, will speak at the official dedication ceremonies Friday afternoon, April 5.

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A dinner Thursday night will recognize the Illinois women whose efforts are symbolized in the two buildings. University alumni, former staff members and others will attend a special dinner on Friday night.

High school students throughout the state will be the honored guests Saturday, April 6, at the annual Hospitality Day. These young women will be the first to tour the newly dedicated buildings. They will see the facilities and hear about the opportunities open to them in home economics.

The new Bevier Hall, like the former home economics building is named for Isabel Bevier, who was one of the pioneers in home economics education in the United States. She was head of the Department of Home Economics at the University from 1900 to 1921. The six-story building can accommodate 750 undergraduate and 100 graduate students majoring in home economics and 500 non-majors. This is about twice the former number.

The Child Development Laboratory houses the teaching and research activities of the division of child development and family relationships.

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FOR RELEASE WEEK OF FEBRUARY 11, 1957

Dull Copper Utensils Still Effective

Discolored copper cooking utensils may not be attractive, but they conduct heat just as well as bright ones, says Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house.

Copper discolors from the heat of cooking as well as from exposure to air. Of course, there are several commercial cleaners that you can buy to clean these copper-clad utensils.

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Cream of Tartar Solution for Egg Stains

If hard-cooked eggs have darkened your aluminum utensils, you can clean them in quick order.

Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house, suggests filling the untensil with a solution of hot water and cream of tartar. Use one or two tablespoons of cream of tartar to one quart of water. Bring to a boil and let simmer 5 to 10 minutes.

Or you can clean the utensils with a commercial soap-filled steel wool pad. Very fine, or 000, steel wool is also effective.

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FOR RELEASE WEEK OF FEBRUARY 11, 1957

Valentine's Day--A Time To Share

Fancy or plain, Valentines can mean a great deal to your children and their friends.

Mrs. Margueritte Briggs Lynch says Valentine's Day is a time when children can share with their relatives and friends, both young and old. Mrs. Lynch is child development and parent education specialist at the University of Illinois.

This sharing can be a small gift, such as cookies made at home, a personal greeting or an inexpensive card that the child can make or buy to give to ill, shut-in and older friends. The important thing is for him to feel that he has had a part in the plan.

Mrs. Lynch says that this kind of Valentine's Day shows children how to be considerate of others rather than to be selfishly interested in themselves and the number of Valentines they receive.

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for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 18, 1957

Does Safety Pay?

Why is safety around your home a bargain? Does it really pay off?

Ask yourself these questions to see how important safety is around your home, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Did you ever:

Try to tie your shoe laces with one arm in a sling?

Try to see straight and clearly after an eye injury?

Try to sleep with an infected hand?

Try to walk with an injured foot?

Try to button your blouse with burned fingers?

Try to eat a meal with a fractured jaw?

If so, then you know that safety pays! Those are good question to ask yourself next time you're tempted to tackle a job without taking the proper safety precautions.

Safety pays all ways.

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2/13/57

FOR RELEASE WEEK OF FEBRUARY 18, 1957

UI Hospitality Day Is April 6

High school students from all sections of the state will have a hand in dedicating the new University of Illinois home economics buildings on April 4, 5 and 6.

The annual Hospitality Day is scheduled for April 6 as part of the three-day dedication ceremonies. The Home Economics Student Council is in charge of the day's activities, and high school sophomores, juniors and seniors have been invited as the honored guests.

Tours of both Bevier Hall and the Child Development Laboratory have been scheduled. The girls will visit laboratories and classrooms, where home economics students will give demonstrations and explain exhibits of their class work and future careers. The high school guests will have an opportunity to talk with students and teachers about careers in home economics and student life at the University of Illinois.

A style show planned and produced by UI home economics students will give the girls a view of a typical college wardrobe. Attention will also be directed to cost and maintenance of the wardrobe.

Although this day is planned especially for high school students and their parents, many dedication guests will take part in the activities. The home economics department and the Student Council sponsor Hospitality Day each year to acquaint high school girls with the campus, college life in general and the various home economics programs.

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FOR RELEASE WEEK OF FEBRUARY 18, 1957

Check Poultry Inspection Marks

That round mark on poultry is for you. Have you noticed it?

Geraldine Acker, University of Illinois foods specialist, says that the U. S. Department of Agriculture marks you find on poultry and poultry products assure you that they are safe to eat.

All federally inspected poultry will have one of two marks on it--the inspection mark or the inspection and grade mark.

The inspection mark, reading "Inspected for Wholesomeness," means that the bird has passed close government inspection during processing in an officially approved processing plant. This inspection mark refers to the condition of the bird rather than to its quality or grade.

The inspection and grade mark indicates that the bird has been both inspected for wholesomeness and graded for quality.

You will find the inspection mark on frozen cooked or partly cooked chicken and turkey pies, soups, dinner dishes and whole dinners, as well as on canned chicken and turkey and combinations of them with other foods.

Both the inspection mark and inspection and grade mark can be found on chilled or frozen ready-to-cook whole chickens, turkeys, ducks and geese and on chilled or frozen ready-to-cook cut-up parts of chicken and turkey.

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MVB:cm
2/13/57

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF FEBRUARY 25, 1957

Steel Wool Brightens Aluminum

Alkalies in foods or water may darken your aluminum cooking utensils, but you can clean them easily.

Dorothy Messerschmidt, resident supervisor of the University of Illinois home management house, says one of the best ways to remove these stains is to use a soap-filled steel wool pad that you can buy commercially. Very fine, or 000, steel wool is also effective.

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MVB:sl
2/20/57

FOR RELEASE WEEK OF FEBRUARY 25, 1957

Get Your Polio Vaccine Now

About two-thirds of Illinois citizens under 45 years of age have not yet received their inoculations against polio. To be adequately protected before the polio "season" starts, usually after the middle of June or July, immunization should be started now.

Pauline Brimhall, University of Illinois health education specialist, says that the Illinois Department of Public Health is urging everyone under 45 years to have the polio vaccine.

To be effective, three doses of the vaccine are needed. The first two doses should be given one month apart, and the third dose seven months after the second.

Dr. Ruth Church, chief of the bureau of communicable disease control with the Illinois Department of Public Health, says the third shot may be taken before the seven months are up if the polio season is about to begin.

With the three doses, she says the vaccine is considered about 75 percent effective.

Since all state and federal funds appropriated for polio vaccine in Illinois have been used, the vaccines must now be purchased through local physicians.

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2/19/57

FOR RELEASE WEEK OF FEBRUARY 25, 1957

Fabrics Turn Light for Spring

Light as a spring breeze are the fabrics for spring.

Myra Baker, University of Illinois textiles and clothing specialist, says fashion's finger is pointing toward lightweight fabrics for spring--woolens, silks and blends.

Sheer medium browns and navy woolens and worsted pinchecks will lead many fashion parades.

Silk that has a linen-like look is another fabric to watch. Although it will be in the high price range this year, fashion authorities say that it will cut the importance of solid-colored silk shantung.

But a wide array of other lightweight fabrics will combine a definite fashion touch with a moderate price tag. They include textured silk worsted, dacron-cotton, dacron-wool, dacron-rayon, arnel jersey and acrilan in ribbed and jersey forms, to mention only a few.

Another combination, rayon, nylon and wool, gives almost a sheer effect. And cotton-linen and silk-cotton blends lead the way to warm-weather clothes.

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MVB:sl
2/20/57

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Homemaking news

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FOR RELEASE WEEK OF MARCH 4, 1957

Spices Give Beef Soup Zest

A rich, flavorful homemade beef soup still gives the best ready-to-eat food stiff competition.

Elizabeth Nyholm, University of Illinois foods specialist, gives some pointers on preparing a good beef soup stock.

First cut the meat into small cubes. If you want a brown stock, brown the meat on all sides. Then put the meat, bone and seasonings into a kettle, and cover with water.

A combination of salt, celery, onions, peppercorns, bay leaf, thyme and parsley gives a good flavor.

Bring mixture to the simmering point, and simmer about three hours.

If you want a clear soup stock, strain it after this cooking period. Then chill and remove all the fat that forms on the top. Add a slightly beaten egg white to the remaining stock. Mix well and boil the stock gently for 10 minutes, stirring constantly. Then strain the stock through several thicknesses of cheesecloth.

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MVB:sl
2/27/57

FOR RELEASE WEEK OF MARCH 4, 1957

Dried Milk Gives Concentrated Nutrition

Homemakers can give their families concentrated nutrition at a relatively low price by using dried milk.

Margaret Shannon, University of Illinois assistant in institution management, says that nutritionally, dried milk is probably the most economical, concentrated source of complete protein and calcium. It also supplies some of the B vitamins.

You can follow the example of hospital dietitians who often enrich homogenized fluid milk with dried milk nutrients to make the nutrients in foods more concentrated. They then add this mixture to foods like cocoa.

The comparatively low cost of dried milk is another advantage. Miss Shannon says that it usually costs less than half as much as fluid milk. Of course, be sure to check your local markets to compare prices of fluid and dried milk.

Since most dried milk today is the non-fat type and is low in calories, you may be especially interested in it if you are trying to watch your weight.

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MVB:sl
2/27/57

FOR RELEASE WEEK OF MARCH 4, 1957

Let's Stop Killing Our Children

Accidents kill more than one-third of all children who die each year. Between 11,000 and 13,000 children are killed in this country every year, and 40,000 to 50,000 others are permanently crippled by accidents.

Think of happy, carefree children free from scars, broken bones or missing legs or arms. You can have it that way if you want it, says O. L. Hogsett, extension safety specialist at the University of Illinois.

The answer is simply to prevent accidents.

The solution to the problem rests largely in your hands as parents. You have a great deal of control over your preschool child. Before he goes to school is when the child forms most of his or her habits. So set good examples for your child to follow. If he sees you doing the right thing, he will do it too.

Not only will you help your child form good, safe habits of work and play, but you will also be safer yourself if you do things correctly.

The way to beat accidents is to make safety a family affair. By working as a team to weed out unsafe attitudes and hazardous conditions, you can insure the continued happiness of yourself and your family.

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OLH:sl
2/27/57

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MARCH 11, 1957

Delphiniums Need Sunny Place

Colorful delphiniums in various shades of iridescent pink, blue and purple will highlight your garden if you plant them in a sunny, well drained and fertile place.

C. E. Ackerman, University of Illinois floriculture specialist, says the soil should also be deep and neutral to slightly alkaline.

If you want to be sure of the fertilizer and the lime requirements of your garden soil, have it tested. A reliable soil test is a helpful garden guide.

To plant delphiniums, place at least one strong stem with plenty of roots in the soil in such a way that the roots will not be cramped for space. Also be sure the crowns are about two inches below the soil surface. Water the plants quickly to settle the soil firmly around the roots.

In the spring when the plants are about two feet high, stake them for support. Give them plenty of water, and keep the ground around them loose and free from weeds. A light mulch of peat moss or similar material will help to keep the soil loose and moist.

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These plants will need several fertilizer applications during the growing season. Place the fertilizer around the plant but at least six inches away from the stem. Then water the fertilizer into the soil.

Soon after the plants bloom, cut off the flower spikes and fertilize the plants again so that a second crop of flowers will grow.

Let the seed pods develop after the second crop of flowers. This will help to keep the crown buds from growing into new shoots near the end of the growing season.

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MVB:cm
3/6/57

FOR RELEASE WEEK OF MARCH 11, 1957

Preschoolers Need Breakfast for Playing

Building forts and playing with dolls may not seem like work, but they do require a great deal of energy. And preschool children need a substantial breakfast to take them through a morning of such activities.

Mrs. Rita McGreer, dietitian at the University of Illinois child development laboratory, says an adequate breakfast for preschool children consists of a main protein dish, fruit or fruit juice, breadstuff with butter or margarine and milk.

To vary the main protein dish, sprinkle crumbled graham crackers or crushed ready-to-eat cereal on top of hot cereal. Or mix cereals with flaked coconut or chopped dried fruits.

Many children, and adults too, like eggs baked in bacon rings. Lay a strip of bacon around the inner sides of muffin cups. Break an egg in the middle and bake at 375° F. for 15 to 20 minutes.

One of the two recommended daily servings of fruit should be eaten at breakfast. It may be citrus fruits and tomato juice or other fruits. The second fruit can often be eaten as a snack.

The breadstuff at breakfast needn't always be toast. Try a serving of cereal, griddle cakes, waffles or muffins. Be sure to serve butter or margarine with this food group because it provides some concentrated energy and vitamin A.

Either a hot or cold milk drink is the best breakfast beverage for preschoolers. Many youngsters prefer their milk at room temperature, so take it out of the refrigerator shortly before meal time.

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MVB:sl
3/6/57

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF MARCH 18, 1957

Rules for Safe Kite Flying

Kite flying, a traditional March sport, can spell tragedy unless children follow certain safety rules. Parents should see that youngsters have proper kite string and play in safe areas away from power lines.

O. L. Hogsett, extension safety specialist at the University of Illinois, says good kite string is sturdy and non-metallic so that it will not conduct electicity. Emphasize to your child the need for keeping the string dry, because a water soaked string may be a good electrical conductor.

If the kite does happen to tangle with power lines, it should be left where it is. Kites can be replaced easily; a child cannot.

Encourage your children to fly their kites in fields where there are no stones, stumps, ditches or other obstacles. Getting the kite into the air takes all the flyer's attention, and he doesn't have time to watch for tripping hazards.

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OLH:cm
3/13/57

FOR RELEASE WEEK OF MARCH 18, 1957

You Can Use Color More Effectively

Color is one of the most powerful tools at your disposal. You can make your room look larger or smaller through proper use of color. It can create a mood of gaiety or of restfulness.

Robbie Blakemore, University of Illinois home furnishings specialist suggests you create the desired illusion with color, by following these general principles.

Hues having some blue in them are cool colors. These colors seem to recede and make a room look larger. On the other hand, those hues with some red in them are warm colors. These seem to advance and make rooms look smaller.

In the same manner, light values, or those with much white in them, tend to increase the size of a room. Those colors with black in them, or dark values, make a room look smaller.

The dimension by which a color "shouts" or "whispers" is called intensity. Extensive use of the whispering or dulled colors can give a restful air to a room. To make the room a gayer place, use more of the brighter colors.

Choose the furnishings and accessories for your rooms carefully so they will not counteract the effect you want.

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3/13/57

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MARCH 25, 1957

A Cup Isn't Always a Cup

University of Illinois home economics students are finding that a cup isn't always a cup.

In working with brown sugar in a foods class, the girls found that a firmly and a loosely packed cup could vary in weight from 25 to 35 percent. They found it best to pack the sugar as they filled the cup rather than packing it after the cup was filled.

The girls found a difference of as much as two tablespoons in the weight of a cup of cake flour, depending on how it was sifted. Cake flour sifted directly into the cup weighed less than that sifted onto paper and then transferred to the cup. In some recipes this difference in the weight of a cup of flour could cause a poor product.

Butter and margarine can vary as much as 20 percent if packed when hard, because air pockets can form. Water displacement is an accurate method of measuring fat unless the fat is to be used in a product like pastry. In this case, packing the fat when somewhat softened will give more accurate results.

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3/20/57

FOR RELEASE WEEK OF MARCH 25, 1957

Women Discuss Challenge for Home Economics

Women representing the home, community and international affairs will help to dedicate the University of Illinois home economics building on April 4, 5 and 6.

Mrs. Pauline Park Wilson Knapp, Mrs. Kathryn VanAken Burns and Miss Jean McNaughton will discuss "The Challenge for Home Economics" at the Thursday afternoon symposium in Smith Music Hall auditorium. This and other dedication activities are open to everyone.

Mrs. Knapp, director of the Merrill Palmer School in Detroit, has had much experience to qualify her to speak about the home. Besides teaching home economics in several universities, she has worked extensively with children, parent, family and sociological groups.

Mrs. Burns' wide experience in community activities prepares her well for her part on the symposium. As state leader of home economics extension, she directed the program in Illinois from 1923 to 1956. She served as president of the Illinois Home Economics Association and was the only extension person to be president of the American Home Economics Association. Presently she is special assistant to the AHEA committee on federal research.

A native of Victoria, Australia, Jean McNaughton, who is regional nutrition officer with the Food and Agriculture Organization of the United Nations, will speak on international affairs. After working in Australia, she joined the FAO in Rome. Her headquarters are now in Washington, D.C.

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3/20/57

FOR RELEASE WEEK OF MARCH 25, 1957

Colors for Spring

Colors leading the fashion parade this spring are gray and beige combinations, lilac, black and white combinations and navy, according to University of Illinois costume design instructor Myra Baker.

Grays have a whitewashed look this season. This new lighter shade is found in hats, handbags and gloves as well as in fabrics. Accessories of the same hue as the dress produce a striking "head-to-toe" look.

The newest shade of beige is called greige. It is actually a grayed beige resembling the color of linen that has been neither bleached nor dyed.

These new shades of gray and beige are being used effectively in the same costume or even woven into the same fabric. For example, a beige sheath could be worn with light gray shoes and handbag, beige gloves and a greige hat as accessories. Keep these colors in the same intensity and value to create an interesting, subtle effect.

Lilac will be used in its lightest, most delicate hues. It is at its prettiest when combined with pale gray and touches of white.

Black is being shown with fresh, white accents this spring. Many black and white fabrics in plaids, checks, tweeds and prints are seen on the market.

The perennial spring favorite, navy, is brighter and lighter this season. It is making its biggest bid for fame in polka-dot fabrics. Dots range from pin-head size to large, splashy coin dots. Although the familiar round shapes are still popular, many dots are irregularly shaped, and some are incorporated into plaids.

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3/20/57

for weeklies

homemaking news



IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF APRIL 1, 1957

Citizens Join in UI Home Ec Dedication

Paths from homes, offices and classrooms in all parts of the state are leading to the University of Illinois campus today, Friday and Saturday for the dedication of the new home economics buildings.

Men and women representing business, research, education and homemaking who are interested in seeing a new era in home economics launched will join in the dedication ceremonies.

Everyone is invited to see Bevier Hall and the Child Development Laboratory dedicated and to hear nationally known home economists and educators explore the future of home economics.

These buildings will house the teaching, research and extension activities of the department of home economics.

Here is a brief rundown of the dedication program:

Registration Thursday morning will be in Bevier Hall and the Illini Union, followed by tours of the new buildings.

That afternoon at 2 o'clock a symposium panel will discuss the challenge for home economics in the home, community and international affairs. This meeting, at Smith Music Hall, will be open to the public. Symposium speakers include Mrs. Pauline Park Wilson Knapp,

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director of the Merrill-Palmer School in Detroit; Mrs. Kathryn VanAken Burns, Illinois state leader of home economics extension, emerita; and Jean McNaughton, regional nutrition officer with the Food and Agricultural Organization of the United Nations.

Thursday night a special dinner will recognize the contributions of women who furnished much of the early leadership that resulted in financial appropriations for the buildings. Mrs. John Clifton, Milford, and Senator Everett R. Peters, St. Joseph, will tell how the buildings were attained. University President David D. Henry, College of Agriculture Dean Louis B. Howard and Department of Home Economics Head Janice M. Smith will tell what the buildings will mean to the people of Illinois.

Friday morning at 9:30 another symposium in Smith Music Hall will explore the challenge for home economics in higher education, research and business. Speakers at this symposium include James A. McCain, president of Kansas State College; Pearl P. Swanson, assistant director in charge of home economics research at Iowa State College; and Mrs. Gertrude Austin, director, consumer service for Sunkist Growers. The public is invited to this meeting.

The convocation Friday at 2 p.m. in the University Auditorium is also open to the public and will include greetings from state and national groups. Dr. Smith will pay tribute to leaders in the home economics department. The Honorable Florence Allen, judge of the Circuit Court of Appeals in Cincinnati, will give the convocation address, "Map for Living--50-Year Plan."

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Following this part of the program, Park Livingston, president of the University of Illinois Board of Trustees, will present the home economics buildings to Dean Howard and Dr. Smith.

At the Friday night alumni and student dinner, speakers will review home economics at the University under the various department heads, and Dr. Smith will preview the years ahead.

On Saturday, high school students from all parts of the state will visit the campus and tour the home economics department. Registration will be at 8:30 a.m. in Bevier Hall, followed by a convocation in Lincoln Hall Auditorium. The girls will then tour the home economics buildings and will have a luncheon and style show in the Illini Union. In the afternoon they will attend a tea in the Bevier Hall cafeteria.

Sophomore, junior and senior high school girls, their parents and teachers all are invited.

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3/27/57

FOR RELEASE WEEK OF APRIL 1, 1957

Trends in Swimwear

You'll see a sleeker "covered look" on beaches this summer, according to University of Illinois clothing instructor Myra Baker.

Swim suits with V-necks, wide straps, turtle necks and halter effects are an important part of most collections this year. Some of these suits feature removable straps of the kind that can be tucked into the top of the suit for easier sunning.

One manufacturer's 1957 collection features a knit nylon suit resembling a dancer's leotard, with wrist-length sleeves and a scoop neck.

Matching beach coats, loose blouses with draw-string waists and tiny jackets are available in many styles and colors. The new bulky-knit sweaters are also available with colors and trim matching some of the suits. These coordinated cover-ups have taken on a soft, feminine air. Some of this beach-wear is suitable for adaptation to indoor or outdoor dining.

Knits are even more popular this year than last. Many are glamorized with metallic yarns, unusual nubby textures and decorative braids and ribbons. They are nylon, lastex, wool or a combination of the three.

Lastex and cotton are still popular either when used separately or when woven into the same fabric.

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MVB:cm
3/27/57

FOR RELEASE WEEK OF APRIL 1, 1957

Signs of Spring

Springtime brings many family cars out of garages where they have spent much of the winter.

Week-end drives around the countryside are popular during warm weather, and it will soon be time for beach trips too.

This means more vehicles on the road than during the past few months. And there'll be greater need for safe driving practices, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Enjoy your trips--but drive safely. Remember, your car does only what you, the driver, causes it to do.

By now the phrase, "The life you save may be your own," has become rather common.

But it is still just as true, and it is still up to you.

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OLH:cm
3/27/57

FOR RELEASE WEEK OF APRIL 8, 1957

Make Sure Your TV Antenna Is Safe

If you have a TV antenna on top of your house that is not grounded properly or equipped with a lightning arrestor, it is like a lightning rod without good grounding, says O. L. Hogsett, extension safety specialist at the University of Illinois.

If lightning strikes, it may damage the TV or set the house afire.

Another hazard is attaching the antenna to the chimney without strong guy wires to steady it. A wobbly antenna will eventually loosen the mortar between the bricks, making the chimney unsafe.

The best solution is to have an experienced service man put up the antenna. Then you can enjcy TV without worrying about a fire hazard.

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OLH:cm
4/3/57

FOR RELEASE WEEK OF APRIL 8, 1957

Preschoolers' Parties Should Be Small

Party times are happy times for preschoolers. But they need careful planning if the young hosts, their guests and their parents are to leave happy.

The number of children to invite is one of the first and most important things to decide. Mrs. Rita McGreer, University of Illinois nursery school dietitian, says a good rule to follow is to invite as many guests as the child is number of years old.

Food is also an important item. When to serve? Where to serve? And what to serve?

Children like party food served at their regular mealtimes. And this plan is also best for them.

To enjoy the food, the children must be seated comfortably. This often means serving at a low table. If you do not have low tables, let them eat at folded card tables, set on low boxes, and sit on the floor. Pretty table cloths or place mats, place cards and take-home favors will dress up the tables. To avoid rivalries, identical gifts are best for favors.

The refreshments are the party's climax. They should be foods children know and like. Cake and ice cream is traditional, but cookies with fruit gelatin made in different colors or a tapioca pudding served in colored paper cups is also popular.

Out of consideration for small tummies, leave candies off the table. It is better for each child to take a little bag or party cup of candies home to share with his family.

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MVB:cm
4/3/57

FOR RELEASE WEEK OF APRIL 8, 1957

Upholstery Adds Interest Only If Clean

Upholstery will add only as much "personality" to a room as you let it.

Regular and proper cleaning makes fabrics both wear and look better.

A University of Illinois home furnishings specialist, Dorothy Iwig, says crevices, sides and backs and undersides of cushions need regular cleaning and a brush or vacuum because they are usually good breeding places for moths.

Frequent cleaning with a non-flammable cleaning fluid removes oil and keeps colors bright. Light, straight strokes, overlapping cleaned sections, clean without leaving rings.

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4/3/57

for weeklies

Homemaking news



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FOR RELEASE WEEK OF APRIL 15, 1957

Child Needs Some Help in Eating

A child can get just as tired eating as playing. So he needs some help in both.

Although a youngster should not be left entirely alone to eat, Mrs. Rita McGreer says that neither should he be helped too much. Somewhere between the two is the right amount of mealtime help.

This University of Illinois nursery school dietitian says that scraping food together so a child can eat it easily helps when he is tired of doing it himself. Feeding a spoonful now and then or holding a cup for the last few swallows of milk encourages him, too.

The length of a child's mealtime can range from 25 to 45 minutes. This time varies with children, their families and even with different meals. After trying a few meals, parents can find the time that is reasonable for their child and for themselves.

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MVB:cm
4/10/57

FOR RELEASE WEEK OF APRIL 15, 1957

Wife Should Share in Handling Family Finances

Keeping family account records and handling money are a great deal like decorating a cake or arranging flowers.

You can't do them perfectly the first time, but with practice you can soon master them.

Virginia Guthrie, University of Illinois home management specialist, says that a wife should be able to take over the family finances if something should happen to her husband.

One way she can prepare herself is to take over the checkbook and all financial records for at least six months.

Another way is to split the family finances between the husband and wife. They might handle certain items for six months and then switch some of the categories.

Some families like a third way. The husband takes care of the rent, fuel, transportation, life insurance, entertainment and his clothes. And the wife handles the household expenses, utilities, groceries, laundry, medical and dental bills and clothes for herself and the children.

How do they manage this arrangement? Each has a checking account. Each paycheck is divided and deposited according to the amount needed to cover the designated expenses. Of course, new families or those having limited incomes may find it impractical to have separate checking accounts.

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4/10/57

FOR RELEASE WEEK OF APRIL 15, 1957

Clean Out Fire Hazards During Spring Clean-Up

Fire prevention is a job that requires family cooperation, although it is an every day of the year job. But special emphasis should be placed on it during spring clean-up this year.

Take time to get rid of common fire hazards in and around your farm and home, says O. L. Hogsett, extension safety specialist at the University of Illinois.

He suggests the following steps for your family to follow:

Mother, Dad and the older children can remove paper boxes, magazines or papers from the attic and basement of the house and from other buildings. This job should be a regular part of the weekly cleaning schedule.

Mother can also check the electrical appliances and cords. If they show damage from wear, repair or replace them with new equipment bearing the Underwriter's Laboratories seal.

Dad can prevent fires in other farmstead buildings by cutting and removing dead vegetation, removing trash, old boards and other debris from the entire farm area.

A practice fire drill with members of the family is one way to prevent serious injury during a fire. Hogsett says that what you do in the first five minutes of a fire determines whether or not it can be controlled.

A good spring clean-up makes any farm safer.

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4/10/57

for weeklies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF APRIL 22, 1957

Keep Your Child Safe

The job of operating a farm tractor is not for a young child.

Statistics show that too large a percentage of tractor accidents involve young operators or youngsters who are extra riders, says O. L. Hogsett, extension safety specialist at the University of Illinois

Farm parents should exercise careful judgment in allowing children to drive or ride on tractors and other heavy farm machines.

The Illinois Rural Safety Council urges you to wait until your children are old enough to have judgment and big enough to reach all controls easily before teaching them to drive a tractor.

Encourage your youngsters to participate in 4-H and vocational agriculture programs that teach proper operation of farm machinery. Then they can go on to progressively harder jobs as they become more capable.

Remember that children and tractors are a dangerous combination. To keep your children safe, keep them away from tractors.

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OLH:cm
4/17/57

FOR RELEASE WEEK OF APRIL, 22, 1957

Low Hooks, Boxes Help Youngsters

Preschoolers can learn to care for themselves and their things if given the opportunity.

Patricia Robinson, University of Illinois child development specialist, says that low hooks and boxes or steps help children help themselves in many ways around the home.

A board with hooks on a wall about three or four feet above the floor is a handy place for a child to hang his coat. The board can be painted either to match or contrast with the wall, and the hooks can be put about a foot apart. If it is near the door, the youngster can put his hat and coat on the hooks and his boots on the floor without first going through the house.

In a child's clothes closet, either low hooks or low rods are good for his everyday clothing. Dressier things can be put on a higher rod. When he is older, the low rod can be removed.

A young child can use the toilet and lavatory more easily if he has a box or steps to stand on. A low towel rack fastened with suction cup ends to the wall or side of the lavatory is also good. His toothbrush and a glass or cup should be placed rather low so that he can reach them without having to call his mother.

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MVB:cm
4/17/57

FOR RELEASE WEEK OF APRIL 22, 1957

Take Care In Storing Ice Cream

Storing ice cream in insulated bags in the home refrigerator may help to retain its smooth, fresh flavor, according to Joseph Tobias, University of Illinois dairy technologist.

Also, an insulated bag prevents unrefrigerated ice cream from melting on its way home from the store.

Some bags have thick insulation walls which are poor heat conductors. Others of shiny "foil" bounce heat off the package and prevent temperature changes. Both kinds will help to protect the ice cream.

Tobias suggests placing ice cream in the refrigerator's freezing compartment immediately after bringing it home and after using to prevent the formation of large ice crystals that result from melting and refreezing.

The waxy surface and surface taint that often form on exposed ice cream or sherbet after dipping can be prevented by covering the product tightly with waxed paper or aluminum foil.

Although ice cream can be scooped or spooned, another way is to cut through rectangular-shaped half-gallon cartons to obtain the amount needed for serving. Then, cover the exposed surface.

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4/17/57

for weeklies

Homemaking news

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FOR RELEASE WEEK OF APRIL 29, 1957

Farm Wives Can Help Reduce Spring Accidents

Illinois farm wives can help their husbands through the spring planting season with less chance of accident by providing mid-morning and mid-afternoon breaks, says O. L. Hogsett, extension safety specialist at the University of Illinois.

The best way to stop a busy farmer is to tempt him with some refreshments--possibly a cool or hot drink and some cookies or cake.

Records show that a distinct peak in farm accidents comes about 10 a.m. and 4 p.m. each day. With several hours of hard work already behind him and quitting time still a long way off, a farmer tends to become careless and may actually be "lulled into an accident."

The little time lost for breaks will be well worth while if an alert operator prevents an accident. So get the man in your family to take a short break in both the morning and the afternoon, even if it takes your best dessert to do it.

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OLH:cm
4/24/57

FOR RELEASE WEEK OF APRIL 29, 1957

Mushrooms Need Delicate Handling

Whether you get mushrooms from a field or a grocery store, you'll want to cook them to get the best possible flavor. A University of Illinois foods specialist, Geraldine Acker, says that sautéing is one of the best ways.

To prepare in this way, wash each mushroom carefully and snip off the end of the stem. Don't peel because peeling takes away much of the delicate flavor.

Then brown the cleaned caps and chopped stems in butter, using 2 tablespoons butter to 1/2 pound mushrooms. Season with salt, pepper and a dash of paprika. Eat them plain or combine with other foods.

Steamed mushrooms add a different flavor twist to many dishes. To cook, place one-half pound of cleaned mushrooms in a pan with one-fourth cup of water, one tablespoon of lemon juice, one tablespoon of butter and one-fourth teaspoon of salt. Cover. After steam rises, cook three minutes. Cool and store covered in refrigerator.

Steamed mushrooms are excellent with meat, rice or vegetable croquettes, meat pies, casserole or scalloped foods, fish, meat or potato patties and creamed dishes, to name a few.

One pound of fresh whole mushrooms makes about two cups when cooked.

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MVB:cm
4/124/57

FOR RELEASE WEEK OF APRIL 29, 1957

Most Youngsters Have Good Appetites

Most youngsters have healthy appetites, so there's little reason for parents to get too concerned if occasionally they don't want to eat.

The University of Illinois nursery school dietitian, Mrs. Rita McGreer, says that parents should expect their children to eat and should not become upset if they won't.

She says that it doesn't really matter if youngsters don't like certain foods the first time they try them. They have several years in which to learn to like them.

Mrs. McGreer points out five possible reasons for children's poor appetites:

First, tense and anxious parents often discourage children from eating normally.

Second, too much conversation or antics at the dinner table make it hard from some children to keep their minds on eating.

Third, a diet too rich in one element, such as sugar or fat, may cause a poor appetite. Cookies and candy between meals cut mealtime appetites.

Fourth, some children are too tired to eat. Regular bedtimes and 15-minute rests before meals often make a child eager to eat.

Of course a poor appetite may also be the first symptom of a cold or other illness. In that case parents will want to see that the child receives the necessary care.

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MVB:cm
4/24/57

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MAY 6, 1957

Don't Dry-Clean at Home

Dry-cleaning clothes at home is so risky that you can't afford to do it.

First, figure the value of your home and its contents before you try to save a few dollars by doing your spring cleaning at home, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Dry-cleaning solvents, including gasoline and many commercial fluids, evaporate very quickly and combine with air to form a highly explosive mixture. A small spark from the motor of an electrical appliance, a pilot light on a range or a small spark from friction caused by rubbing will ignite this mixture.

Two cups of gasoline have more explosive power than 10 sticks of dynamite.

The best way to avoid this danger is to let a professional dry-cleaner do the job. But if you must use cleaning fluid to remove spots, use a nonflammable type outside the house where there is plenty of ventilation and nothing around to ignite the vapors.

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OLH:cm
5/1/57

FOR RELEASE WEEK OF MAY 6, 1957

Try Casseroles for Preschooler's Lunch

A substantial lunch gives a preschool child a good base from which to navigate the rest of the day.

Mrs. Rita McGreer, dietitian at the University of Illinois Child Development Laboratory, says that an adequate lunch for preschool children consists of five parts--the main dish, vegetable, which is usually a salad, breadstuff, beverage and dessert.

Many mothers say that main dishes for lunch stump them, so Mrs. McGreer gives some suggestions. She says many children in the University nursery school like a casserole with noodles, cooked minced meat, condensed cream of mushroom soup and milk.

They consider French toast with maple syrup, bacon, a fruit salad and milk a real treat.

Youngsters like to know exactly what is in a salad. They prefer salads they can pick up and eat with their fingers--sticks, wedges and bite-sized pieces of fruits and vegetables.

Be sure the breads you serve aren't too fresh. If they are, split and toast them slowly for a few minutes. They will be more digestible this way. Nursery-school children like breads made or cut to a size that suits their small fingers.

Round out the lunch with milk as a beverage and a dessert. Many children like fruit or a simple pudding best for dessert.

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MVB:cm
5/1/57

FOR RELEASE WEEK OF MAY 6, 1957

"Unusual" Room Accessories Better Stay in Store

That "unusual" looking accessory may look even more unusual in your home than in the store. It may defeat the purpose of an accessory by detracting rather than enhancing.

K. Virginia Seidel, home furnishings specialist at the University of Illinois, lists three main points to consider when you buy accessories:

First, choose them in a color, texture and pattern that will fit the room in which they are to be used--to either repeat or contrast with colors in other furnishings. An "off-color" accessory may detract from the total effect of the room.

Second, consider the beauty of the accessory apart from your other furnishings. Examine it for beauty of line and form in addition to color, texture and pattern. If it is of good design and well made, it will be significant and permanent rather than trivial and temporary. That can mean real economy through longer use.

Third, you may need to consider its durability--whether it will break, tear or be damaged easily. If it requires more care than you are willing to give, it may soon find its place out of sight on the top shelf.

A well-selected accessory will pay dividends in making your home more attractive. If well chosen, it can be a lasting part of your home furnishings.

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MVB:cm
5/1/57

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MAY 13, 1957

Keep Accidents Out of Your Home

The habit of allowing last-minute jobs to accumulate causes nervousness and carelessness that invariably results in accidents, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Start meals in plenty of time to avoid haste and confusion. On busy days when time is at a premium, a simple, easily prepared meal will eliminate the need for haste and reduces the threat of kitchen accidents.

When guests are expected, plan the meal as far in advance as possible. Plan to serve meats, salads and desserts that can be prepared in advance to avoid last-minute haste. A good manager keeps a well-stocked reserve for unexpected guests.

Nearly all home accidents can be prevented. Parents and adults in every home are responsible for seeing that safe conditions are provided and maintained, and that safe practices are followed at all times. An orderly home is a safe home.

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OLH:cm
5/8/57

FOR RELEASE WEEK OF MAY 13, 1957

Preschoolers Can Have Dinner Party

Preschoolers aren't too young to have a "dinner party." In fact, they usually think it's a treat to have one about 5 p.m.

University of Illinois nursery school dietitian Mrs. Rita McGreer says some of the best main dishes for these parties are minced meat that can be fixed in any number of ways and creamed chicken or scalloped lamb.

A potato, vegetable and crisp salad are the best accompaniments.

One dinner menu might be meat loaf, fluffy mashed potatoes, buttered green beans, apple slices and dates placed on a small lettuce leaf, tiny buttered bran muffins or grated carrot sandwiches cut in squares, a glass of milk and ice cream or a fresh fruit cup.

If this is a birthday party, a cake can be added and each child can either eat a piece there or take it home.

Since small tummies often have little room for a birthday cake, a popcorn "cake" may be better. Follow a recipe for popcorn balls. Instead of forming balls, press the candied popcorn into a greased tube pan sprinkled with chopped candied fruits. Top it off with candles or other decoration.

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MVB:cm
5/8/57

for weeklies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MAY 20, 1957

Not All Patterns Suit Disciplined Fabrics

An artist's sketch and a crease-resistant fabric may not turn into the garment you expect unless the pattern is "right" for the material.

Not all patterns are suited to crease-resistant materials, according to Helen Zwolanek, University of Illinois textiles and clothing instructor.

The crush-resistant finish given to cottons, linens, rayons and silks keeps the fabric from mussing and also gives it a firm, crisp feeling. This treatment, however, makes it hard to drape and to ease the material.

There are several things to remember when selecting patterns for crease-resistant fabrics.

The pattern should fit well, since this rather crisp-feeling material doesn't lend itself to draping. For this reason, kimono-type sleeves are better than set-in sleeves that have to be eased. If you choose a gathered skirt, remember that it will be stiff rather than soft. A pattern with darts rather than gathers is best to form the contour in the bodice.

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FOR RELEASE WEEK OF MAY 20, 1957

Are Your Floors Safe?

Nearly half of the 28,000 people who died in home accidents in 1956 did so because of falls, says O. L. Hogsett, extension safety specialist at the University of Illinois. Every homemaker can determine the care that her floors receive, and floors have a great deal to do with safety in the home.

Hogsett stresses the importance of each person's watching where he goes, walking carefully and dressing properly, along with following these special precautions:

In the bedroom, be sure there is a straight, clear and well-lighted path from the bed to the door.

In the kitchen, tack or cement linoleum flat. Make a habit of wiping up grease, spilled water, fruit peelings and other things promptly. When you are scrubbing or waxing the floor, be sure to warn others to watch their step.

In the living room, arrange the furniture according to travel areas so that family members will have the maximum amount of clear space.

In the bathroom, be sure you have strong grab bars and a non-skid mat near the tub.

On stairways and in halls, tack stair coverings down securely or use a non-skid material. Have the stairs well lighted to expose danger spots and to warn the walker to be careful. Do not put a mirror at the foot of the stairs.

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OLH:cm
5/15/57

FOR RELEASE WEEK OF MAY 20, 1957

Study Shows Milk Not Fattening for Girls

Girls with the trimmest waistlines were among the biggest milk users in a study conducted in Iowa.

And teen-agers who don't drink milk because they think it's fattening don't have a scientific leg to stand on, according to Miss Geraldine Acker, University of Illinois foods specialist.

Results of the Iowa study showed that of 297 teen-aged girls, obesity occurred in almost twice as many who drank little milk as who drank a quart or more a day.

After age 12, one girl in five was overweight, but only 16 percent of these were from the heavy milk-consuming group.

Many of the overweight girls felt that milk was fattening and most of them had generally poor diets. But almost all who drank plenty of milk had diets that were considered excellent in every respect.

Popularity of high-calorie foods among teen-agers and women not only tends to make some people fat--it may also keep some from getting enough protective foods like milk, meat and eggs, Miss Acker explains.

Also, people who don't drink milk liberally are likely to get too little to meet their calcium needs.

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RLN:cm
5/15/57

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF MAY 27, 1957

Freeze Tea Sandwiches, Avoid Last Rush

Avoid the last-minute rush of a party or tea by making the sandwiches a week or two in advance and freezing them, says Mrs. Dorthy McIvor, University of Illinois foods specialist.

Since mayonnaise, salad dressing and jelly soak into bread, spread the slices with softened butter or margarine.

Your choice of filling is almost unlimited--from minced, cooked and canned meats to cheese spreads and seafood delicacies. Don't use celery, carrots, lettuce, parsley, water cress, tomatoes and sliced, cooked eggs, because they don't freeze well.

Put closed sandwiches in a freezer box or in layers in any suitable box. If you use the latter, you must cover it with a freezer wrapping. Open-face sandwiches should go on pieces of cardboard and be covered with a freezer wrapping. Wrap rolled, ribbon and other loaf sandwiches in a freezer material, and freeze uncut.

Closed sandwiches thaw in one or two hours, but open-face sandwiches usually thaw more quickly. Leave the wrapping on until the sandwiches partially thaw. Try to serve them immediately after thawing; but if you can't, keep them in the refrigerator.

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FOR RELEASE WEEK OF MAY 27, 1957

Keep Child's Birthday Parties Simple

After a harrowing experience with a preschooler's birthday party, many unnerved mothers sigh, "Never again."

But a University of Illinois child development specialist says this situation can easily be remedied.

Mrs. Josephine Oudyn says three things often account for the general havoc that usually trails a youngster's birthday celebration: There are too many guests, the party is set for the wrong time of day or the activities aren't geared to the children.

A good rule to follow is to let the number of guests equal the age of the child. In other words, three guests are a good number for a three-year-old's party. More guests usually cause more confusion.

Too often birthday parties are "never-again" affairs because they are planned to fit into Mother's schedule. And this may be the time when the children are tired and irritable. Mrs. Oudyn says that parties in the morning or after the children have had their afternoon naps are usually best.

As for the activities, the simpler they are, the better. Complicated games or ones the children haven't tried before are usually more frustrating than entertaining. Instead of having preschoolers play pin the tail on the donkey and other "regular" birthday games, it is better to let them play with clay, color or build with blocks.

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MVB:cm
5/22/57

FOR RELEASE WEEK OF MAY 27, 1957

Use Care in Getting Suntan

If you're a sun worshipper who thinks the quickest way to a good suntan is to get in the sun and stay there, look out!

Overexposure to the sun may be costly in two ways, says O. L. Hogsett, extension safety specialist at the University of Illinois.

First, if you get a severe burn and your skin peels, you'll have to start all over again. But, more important, overexposure can cause serious illness and painful injury.

Remember that the patient sunbather who takes short exposures at least until he knows how much his skin can take, usually gets the best tan.

Falling asleep under the soothing rays of the sun causes many serious sunburns. Use an alarm clock or have someone wake you if you fall asleep. If you use a sunlamp, a timer to shut it off is handy.

Experience plus good judgment will tell most people when they've had enough sunshine. Adults, however, may need to keep an eye on the children.

What about suntan lotions? They may give some protection from burning, but there is no substitute for moderation and common sense. Always take short exposures until you know how much your skin can safely take.

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OLH:cm
5/22/57

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF JUNE 3, 1957

Percentage, Quality Affect Dacron-Cotton Fabrics

Scientists are giving you a vast array of Dacron and cotton summer clothes this year.

But if you don't select the garments carefully, a University of Illinois textiles and clothing specialist says you may be in for trouble.

Jane Werdensuggests that you keep in mind the percentage of each fiber used and the quality of the finished fabric when you buy Dacron and cotton garments.

Studies show that a 65 percent Dacron and 35 percent cotton fabric is best. A fabric of this combination has the best characteristics of each fiber.

Even with this percentage combination, the quality of the finished fabric can vary greatly. There can be variations in closeness of weave, amount of twist in the yarn and weight. So try to choose a fabric with a close, even weave and a smooth surface. Miss Werden says that in even the best of these fabrics, pulling or balling up of the fibers can occur on the surface.

This year finds a Dacron and cotton combination used in all types of wearing apparel, including lingerie. Up to this time the colors have usually been white or pastel, but now they are deeper and are being used in prints, checks and plaids. And there are some embroidered Dacron and cotton fabrics.

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FOR RELEASE WEEK OF JUNE 3, 1957

Check Your LP Gas Installation

Like all other fuels, LP gas must be stored and handled right if you're going to get the safest, most satisfactory results, says O. L. Hogsett, University of Illinois extension safety specialist.

If you want to know whether your installation is the best possible, look at the "code."

The "code" is a pamphlet on safe storage and handling of liquefied petroleum gas. It is published by the National Board of Fire Underwriters, and the rules set forth in the code have been accepted as low in Illinois.

Every LP gas dealer and fire insurance company inspector should have a copy of the code book. If your dealer has done a good safe job of installation, he won't mind checking your system against the code. If he doesn't know the code, you had better call on your fire insurance company inspector.

As a starter, you might check the location of your tank. If it holds between 125 and 500 gallons, it must be 10 feet from any important building. A tank holding from 500 to 2,000 gallons should be 25 feet from buildings; and if you transfer the gas into a tractor or other tank, the job should be done at least 50 feet from buildings.

This is a sample of the rules set up to protect users of LP gas. Making sure that your system is safely installed may prevent an expensive fire or even save a life.

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OLH:cm
5/29/57

for weeklies

Homemaking news



IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 10, 1957

FILLERS FOR JUNE DAIRY MONTH

American families use more milk with cereals than with any other single food. In an average year they use over three and two-thirds billion quarts of milk with their breakfast cereals--almost 95 quarts per family a year, or about two quarts a week.

To keep fresh milk at its best, follow the rule of the three C's and a D--keep it clean, cold, covered and dark.

University of Illinois economists estimate that the average Illinoisan drinks less than one pint of milk daily--less than two-thirds of what is recommended for a balanced diet.

Check to see whether the dairies in your community offer discounts on large home deliveries. Such discounts can be important, especially if you have a large family.

University of Illinois dairy scientists are trying to find out how the cow makes milk to get clues to how humans digest it.

Milk will not cause you to put on weight if it is included in your daily allotment of calories. If your calorie count needs to be very low, you can use skim milk. It has all the food value of whole milk except for the fat and vitamin A content and it has only half the calories.

An ounce of pure protein in milk costs 35 to 40 percent less than an ounce of pure protein in other animal products. As a result, milk is an inexpensive way to improve your diet.

The milk that Illinois school children drink under the special school milk program would make an unbroken row of half-pint cartons from Chicago to Los Angeles and back again.

Milk is an excellent source of protein, minerals and vitamins necessary to diets, whether for reducing or just as insurance to keep the scales at the same mark.

You may be able to save as much as three cents a quart by carrying milk from the store rather than having it delivered at home.

Don't mix fresh milk with old--unless you are going to use the mixture immediately. A stale flavor may develop if you mix the two and store.

Nutritionists recommend that you drink the following number of 8-ounce glasses of milk daily:

3 or 4 glasses for children.
4 or more glasses for teen-agers.
2 or more glasses of adults.
4 or more glasses for expectant mothers.
6 or more glasses for nursing mothers.

Milk helps to promote good children's food habits in over 4,000 Illinois schools--at 3 cents or less per half-pint under the school milk program.

Serve milk cold. Chill the glasses in hot weather.

Get that extra "zippy" flavor from most cheeses by serving them at room temperature. Remove the amount you want to serve from the refrigerator at least half a hour before serving.

Keep the heat low when cooking cheese--just enough to melt and blend it with other ingredients. High temperatures or lengthy cooking makes cheese tough and stringy.

When you make a cheese tray, cut the cheese into any size and shape you prefer, but be sure the slices are chunky. Cheese tastes better in a fairly large chunky slice than in a fairly large thin slice.

A package of cheese is "packed" with nutrition. It contains plenty of the best quality protein, calcium for bones and teeth, the vitamin riboflavin and all the other nutrients contained in milk.

Cottage cheese is an ideal soft food for older folks who have digestive or dental troubles.

A bowl of Red and Golden Delicious apples and a plate of mild-flavored Camembert cheese will top off any meal. Send them to the table "as is" and let the family help themselves.

Here's a simple cheese tray: Pick a neutral-colored tray and place a red wax-coated baby Gouda at the top center. In semi-circular rows around the Gouda add Swiss cheese slices, chunks of Cheddar and triangles of Camembert or Limburger. Top off the tray with clusters of grapes, pear quarters and red apple slices.

There's a cheese to suit every taste. Next time you're in the grocery store, stop at the cheese counter. Look around...you'll be amazed at the variety of sizes, shapes and textures.

Cheese may mold in your refrigerator without spoiling. If it does, cut off the mold and use the rest.

A package of cream cheese mixed with one cup of spicy apple butter makes a tasty spread for brown bread or fruit bread open-faced sandwiches.

To make a delicious "lemon butter" for lobster and broiled fish, just heat one-fourth cup of butter to a golden brown. Blend in two tablespoons of lemon juice and one teaspoon of grated lemon rind.

Unopened cans of evaporated milk can be kept for over a year with no marked physical changes when they are stored in a cool, dry, ventilated place.

Keep cottage cheese tightly covered so that it won't absorb odors from other foods in the refrigerator.

Whipped cream flavored with molasses, cinnamon and a touch of clove is a delightful treat when served over hot gingerbread that has just been taken out of the oven.

Berries in season are usually served with sweet cream. For a different taste treat, try strawberries or blueberries with sour cream and sugar.

A big spoonful of heated mincemeat does wonders on vanilla ice cream.

To make a banana milk shake, mash a ripe banana and add one cup of milk and a scoop of vanilla ice cream. Blend throroughly with a beater, blender or mixer, and serve in a frosted tall glass.

Americans drank 822 million more pounds of fluid milk in 1956 than they did in 1955 as a result of a two-quart-per-person increase in the consumption of fluid milk last year.

Cheese makers in the U.S. produce more than a billion pounds of cheese each year.

Evaporated milk under 340 different brands is fortified with vitamin D.

The U.S. Department of Agriculture's 1955 food consumption survey showed that nearly three families in 10 had diets that were too low in calcium, usually because they were short of milk.

Every baby born in the U.S. creates a lifetime demand for 48,710 pounds of milk--the production from eight years' milking of the average cow.

Butter gives a high return in energy value because 98 percent of the butterfat is easily digested by the human body.

All of the main classes of food known to nutritionists are included in milk--including life-giving protein, minerals, vitamins, sugar, fat and water.

Pasteurization doesn't affect the nutritive value of milk.

Thunder and lightning won't cause milk to sour, but high temperatures will. So keep milk in the refrigerator.

To whip evaporated milk, use it undiluted and chill it thoroughly.

Dried-out cheese--especially Cheddar, Swiss and Italian varieties--may be grated and kept in a covered container in the refrigerator. Use it within a few days to avoid change in flavor that results from exposure to air.

Properly packaged nonfat dry milk can be kept in a cool, dry place without refrigeration for at least six months.

Cheese manufacturers can now add sodium and calcium propionate to processed cheese packaged as wedges and slices. This wholesome salt helps to inhibit the development of mold.

Without milk, to get the adult requirement for calcium alone, a person might have to eat, besides the usual egg, meat, bread and butter and cereal, about 30 servings of vegetables and fruits a day.

Inspectors from state and city health departments regularly visit each dairy farm to see that operators comply with health and sanitary regulations.

The Bible mentions milk in at least 48 places--about 43 in the Old Testament and 5 in the New Testament. One of the best remembered of these references is Exodus 3:8--"milk and honey."

If all milk produced in the U.S. in 1955 were put into square quart bottles side by side, the bottles would extend 134 times around the earth.

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RLN:cm
6/4/57

for weeklies

Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JUNE 17, 1957

Cool Hot Foods, Then Refrigerate

Cook them and then cool them rapidly.

That's the advice a University of Illinois foods research worker gives about preparing summer foods.

Mrs. May Titus says that summer heat usually brings an increased incidence of staph food poisoning. You can combat it by cooling hot foods rapidly and then refrigerating them immediately.

Since bacteria causing this poisoning are found in the air, foods exposed to air are also possibly exposed to them.

These bacteria grow best in non-acid foods, such as cream or custard pies, cream sauces, cooked macaroni and spaghetti dishes. But they are sometimes found in other foods too. If the foods are held at room temperature, these bacteria can grow and produce a toxin that will make you very ill.

Since the toxin doesn't give any off flavor or odor, it is often hard to detect. It is stable to heat, and if present in a food it will make you sick even if the food is cooked just before you eat it.

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MVB:cm
6/12/57

FOR RELEASE WEEK OF JUNE 17, 1957

Remember Youngsters When Planning Car Trip

A little forethought can make a big difference in a summer car trip with young children.

A University of Illinois child development specialist says small children have three main needs on a long trip: They need active things to do, some toys and games and enough space.

Mrs. Josephine Oudyn says to give children a little extra time to let off steam when you stop for gas and washroom facilities. Picnic lunches along the roadside will allow them more freedom than eating in restaurants.

Youngsters like to stop and look at animals, a park, lake and other things along the way. And they learn something from them.

A game or a new toy will make the time go faster. Something that keeps a child's interest and yet that he can manage easily in a car is best. It shouldn't have too many pieces that might get lost. You might want to keep toys in a drawstring bag during the trip.

Of course, number games are good for car travel. Youngsters can have contests counting signs, licenses, animals and almost anything else along the roadside. Keep paper and pencil on hand for such games.

Regardless of how you plan to entertain your child, be sure to give him enough room. Just because he is small doesn't mean he should have less space than an adult. If anything, he may need more space. And don't cover the floor space with luggage and packages.

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MVB:cm
6/12/57

FOR RELEASE WEEK OF JUNE 17, 1957

Keep Cool Safely

If you can't swim, but still want to keep cool in the "ole swimmin' hole," remember this: Nine out of ten drowning victims are nonswimmers.

If you are in this class, says O. L. Hogsett, extension safety specialist at the University of Illinois, stick to a pool or beach that has plenty of safety precautions. Better yet, increase your enjoyment of the water by learning to swim. Many pools and beaches hold group classes every summer.

Even if you're an expert swimmer, obey safety rules. Don't swim alone or when you are tired or overheated. Wait at least an hour after eating before going into the water, and don't swim in unfamiliar water by yourself.

You fishermen should also know how to swim, because drownings often occur when a boat overturns far from shore. To prevent such accidents, take only as many people as your boat can handle safely. Make everyone stay seated when the boat is moving. Also watch the weather to avoid getting caught in a storm.

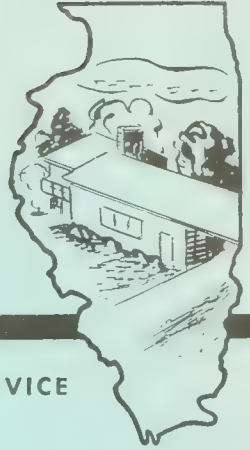
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OLH:cm
6/12/57

for weeklies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE



FOR RELEASE WEEK OF JUNE 24, 1957

Summer Food Poisoning

The refrigerator is the safest place to store custard and cream pies or cakes with cream filling if you must keep them more than four hours before serving.

Every summer such cakes and pies are responsible for food poisoning when they stand in a warm room for many hours, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Dishes containing eggs, milk, meat, gelatin, poultry and fish all need to be kept cold for safety against spoilage. Soft protein foods, especially those that are handled in preparation, are subject to fast and dangerous spoilage in warm temperature. Cream-filled or custard-filled pastries, mild-cured ham and other pork products have caused frequent cases of food poisoning in summer.

The spoilage may cause illness even when the food shows no signs of spoiled odor, taste or appearance.

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OLH:cm
6/19/57

FOR RELEASE WEEK OF JUNE 24, 1957

Make Children Feel Part of Trip

Why not let the children know what to expect on your vacation trip?

If you tell even the tiny tot what you're going to see, where you plan to stop and what you plan to do, everyone will take more responsibility for the trip's success, says Mrs. Margueritte Briggs Lynch, University of Illinois child development specialist.

When children feel that they're a real part of the trip, you'll find that they'll play their part well. They'll be more likely to cooperate, and it will be easier on both you and them.

Children are more cooperative, too, when they have something to do in the car and when their wants and needs are taken care of. A drink of lemonade or cool water from a thermos and a cracker or plain cooky often settle children's tempers before quarrels begin.

It will help, too, if you provide the youngsters with some playthings--blocks, dolls, puzzles and equipment that you can keep in the back seat of the car.

And be sure that the car is in good condition and the glove compartment is well supplied with paper towels, a flashlight, insecticides and first aid equipment for "just-in-case" emergencies.

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LAW:cm
6/19/57

FOR RELEASE WEEK OF JUNE 24, 1957

Pack Men's Clothes Wrinkle Free

Men's and boys' clothing won't come out of a suitcase in a mass of wrinkles if you follow some packing tips from a University of Illinois clothing specialist.

Here are Esther Siemen's suggestions for packing a man's two suiter:

First put heavy articles in the bottom. Then pack the trousers by placing the front of the legs in a straight line across the bottom of the suitcase, with the seat toward the handle. Hang the legs over the side. Pack the second pair in the same way, but place the legs in the opposite direction.

Now for the jackets. Put one on a hanger and fasten the hanger to the case. Leave the jacket unbuttoned. Straighten the shoulders and arrange the sleeves so that they hang in a straight line. Smooth out wrinkles. Fasten the center board and let the bottom of the jacket hang over the edge. Pack the second jacket in the same way.

Fold the trouser legs over the jackets, first from the right and then from the left. Fasten the covering sheet.

Finish packing by putting shirts in first and then ties and underwear on top of the shirts. Fill empty spaces with handkerchiefs, socks and other small items.

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MVB:cm
6/19/57

for weeklies

Homemaking news



UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEEK OF JULY 1, 1957

Drive Safely During National Farm Safety Week

Watching the car behind, ahead or beside you on the highway can help you live longer, says O. L. Hogsett, extension safety specialist at the University of Illinois.

As one prize-winning safe driver said, "I always drive as if every other person on the road were a maniac." Maybe that is stretching the facts, but it's certainly true that you must drive with other drivers in mind.

During National Farm Safety Week, July 21-27, it's a good idea to concentrate on both your own driving and the other fellow's. Then make it a habit to take the other fellow's actions into your plans.

Following this advice can help to keep you from becoming one of the 6,000 farm residents who will be killed in vehicle accidents this year. Remember, the motorist who dies "in the right" is just as dead as the one who commits suicide by driving recklessly.

Safety does make sense.

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OLH:cm
6/26/57

FOR RELEASE WEEK OF JULY 1, 1957

Sanitation Fights Food Poisoning

When summer temperatures go up, the dangers of food-borne infections also go up.

Mrs. Mary Titus, of the University of Illinois foods research staff, says that most of the organisms causing human diseases can contaminate food and so be transmitted to people.

How can you prevent such infection? Following good food preparation practices is the best advice, says Mrs. Titus. Observe sanitary conditions at all times when you handle food, especially when you are preparing food for large groups, such as picnics or church suppers. Cook it properly and refrigerate it adequately. Don't let it stand at room temperature any longer than absolutely necessary.

Gastro-intestinal infections, such as typhoid fever, are the most common food-borne diseases. If bacteria causing these diseases are present in foods, they multiply rapidly if the foods are held at room temperature, particularly in the summer.

Flies, roaches and other insects, which are common in the summer, can transmit these diseases. Animals, especially poultry, often carry them too.

Contaminated water was once a common source of this type of disease, but most water supplies are purified and checked regularly now. It's best, however, to take your own water when you go on a picnic.

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FOR RELEASE WEEK OF JULY 1, 1957

Some Tips on Using Onions

Onions aren't as sad a vegetable as they sometimes make you believe. In fact, they can add a pleasant zest to many menus.

University of Illinois foods specialist Mrs. Pearl Janssen has some tips for preparing and using them.

You can avoid the tear-shedding that usually accompanies onions by peeling them under running water.

You can save time in preparing a small quantity of onions by using a coarse shredder instead of chopping them.

When you want onion juice, use a fine shredder. Don't try to squeeze an onion like a lemon.

When you want a slight onion flavor to permeate a casserole dish or soup, cook the onions in a little fat for a few minutes. Cook until they are yellow but not brown. The fat is a good flavor carrier.

When you combine onions with other vegetables, cook each one separately and then put them together. In this way each vegetable retains its flavor and yet complements the other.

You can remove the taste and odor of onions from a paring knife by rubbing vinegar or lemon juice on it.

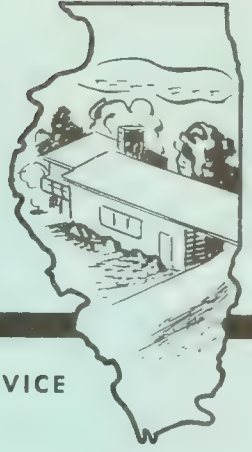
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Homemaking news

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FOR RELEASE WEEK OF JULY 8, 1957

Summer Offers Variety of Salad Greens

When summer heat leaves its mark on appetites, Margaret Shannon of the University of Illinois foods staff suggests that you serve a meal centered around a crisp, cool salad bowl.

For either a luncheon or a light supper, you might use lettuce, spinach, endive, tomato wedges and cubes of Cheddar cheese, topped with Russian dressing. Or, to make a complete meal of a salad, you could use the same base and add julienne slices of baked ham across the top and serve hot rolls, a dessert and a beverage.

Summer months offer a wide variety of greens for use in salads--romaine, escarole, celery cabbage, watercress, celery leaves or parsley. Most of these combine well in the ever-popular tossed salad.

If you prefer lettuce, you may want to use bibb or leaf lettuce this summer in place of iceberg lettuce. Bibb lettuce makes a good salad when served as an individual head with a tangy dressing.

Deviate from the usual tomato wedges in a salad bowl by using shredded carrots, sliced radishes, cucumbers or green peppers, slivers of onion or diced hard-cooked eggs.

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FOR RELEASE WEEK OF JULY 8, 1957

Outline Plan for Child's Summer Activities

"I'll be so glad when school starts again" seems to be the common sigh of mothers at the end of a summer day.

Without a regularly planned program in the summer, children often don't know what to do. They may play too long and too hard in the heat. The result is likely to be irritable youngsters who irritate their parents.

A University of Illinois child develop specialist says there are ways to solve this problem. Mrs. Josephine Oudyn suggests that parents take advantage of all available help in the community.

Most communitites today have a planned summer recreation program for children of all ages. It may include swimming, arts and crafts.

Most libraries have scheduled reading times during the summer. While the youngsters attend, Mother might do a little browsing on her own. It's important for adults to have a little time of their own to pursue their interests.

Look around and take advantage of common places and things. Have you taken your child to the railroad station or airport or to a farm and explained it to him?

Nature supplies an abundance of materials. Children love to see animals both in a zoo and in their natural homes. And don't forget flowers, streams and nature paths.

Once a child has indicated an interest, his parents should encourage him. For instance, if he brings home a leaf, encourage him to look for more and perhaps start a collection.

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7/2/57

FOR RELEASE WEEK OF JULY 8, 1957

How to Prevent Home Accidents

Keep accidents out of your kitchen. During National Farm and Home Safety Week, July 21-27, check your kitchen carefully to see whether it's a safe place for you and your family.

Scalds and burns rank high among kitchen accidents, says O. L. Hogsett, extension safety specialist at the University of Illinois. Here are a few simple precautions that will help to prevent them:

Try to keep the children out of the line of traffic while you are working in the kitchen. A gate at the kitchen door will keep small children out while you're using hot water or fat for cooking.

Make it a habit to turn handles of all pots and pans toward the back of the range or table. Never let them protrude over the edge.

Be careful where you put electrical devices in your kitchen. A cord dangling from a coffee percolator or toaster naturally invites inspection by youngsters. Keep it well out of their reach. Avoid the possibility, too, of tripping over cords that may upset fans, sweepers. heaters or other electrical equipment.

Keep matches out of the reach of small children. Use only safety matches if there are children in your family. Provide a non-flammable receptacle for burned matches. It may save a life.

Safety makes sense.

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FOR RELEASE WEEK OF JULY 15, 1957

Know Grades of Fresh Peaches

With about 300,000 bushels of Illinois peaches expected on commercial markets within the next few weeks, you will want to know what kind of fruit you can expect for your money.

University of Illinois fruit and vegetable marketing specialist Ross A. Kelly says Illinois peaches usually fall into two classes--Grade No. 1 and orchard run or unclassified.

When you buy Grade No. 1 peaches, you will have peaches of one variety that are well formed and mature but not soft or overripe. The skin will be perfect. In other words, it will be free from decay, bacterial spots, unhealed cuts, growth cracks, hail injury, scab, scale, split pits, worm holes, leaf or limb rub injury and other defects.

Orchard run or unclassified peaches will have the same general characteristics, but they won't have such good shape, and the skin may have a moderate amount of blemishes.

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FOR RELEASE WEEK OF JULY 15, 1957

Use Dry Ice in Freezer When Power Fails

Dry ice may save the food in your freezer if the power fails this summer.

Catherine M. Sullivan, University of Illinois home management specialist, says first to find out about how long the power is likely to be off. If it is only for a few hours, you won't need to do anything.

But if it will be off longer, you can buy some dry ice. One 50-pound cake should protect the food in the freezer for as long as 36 hours.

Don't handle dry ice with your bare hands. It may burn you.

Move food in the freezing compartment into the storage compartment before you put in the dry ice. Place this ice on boards over the packages--not on the packages. Don't open the freezer unless you add more dry ice or until the power is restored and the freezer has been operating for a few hours.

After adding the dry ice, you can cover the freezer with blankets to help keep the temperature in the freezer from rising. But blankets alone will have little or no effect in keeping the freezer cool.

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FOR RELEASE WEEK OF JULY 15, 1957

National Farm Safety Week

"Safety makes sense" is the theme for National Farm Safety Week, July 21-27, reminds O. L. Hogsett, extension safety specialist at the University of Illinois.

Regardless of national and group safety activities, the ultimate responsibility for each farm resident's safety lies in himself or herself.

National Farm Safety Week is sponsored jointly by the National Safety Council, the U. S. Department of Agriculture and the Illinois Rural Safety Council. The council suggests the following program of activities for observing the week:

Sunday: Have Reverence for Life. Because safety is in part a moral issue, religious leaders are urged to make it a part of their sermons and the subject of Sunday School talks.

Monday: Home Safety. Neat and orderly farm homes are safer homes. Emphasize the need for eliminating unsafe practices in the home. Have a place for everything. Be a good housekeeper in your home and on your farm.

Tuesday: Livestock. Animals account for one out of four farm accidents. Check and repair livestock equipment. Keep small children away from animals.

Wednesday: Falls. Plan activities so that there is no need for hurry. Hurry causes many accidents. Repair or discard broken, unsafe ladders. Place guards on hazardous places. Neatness eliminates the cause of many falls.

Thursday: Highway Traffic. Courtesy is one key to traffic safety. Remove trees, weeds and shrubs at farm entrances and intersections to improve visibility.

Friday: Farm Machinery. Don't depend on luck. Make sure your equipment is in safe operating condition. Make sure all guards and safety devices are in place. Stop machines before unclogging, oiling or adjusting.

Saturday: Review Day. Check to see whether any hazard around the farm or home has been overlooked. Plan a year-long campaign against hazards. Take safety seriously. Safety makes sense.

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7/10/57

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Homemaking news

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FOR RELEASE WEEK OF JULY 22, 1957

Quick Remedies for Furniture Scratches

When scratches mar your furniture, you can hide them in a quick-and-easy way by using materials you have at hand.

University of Illinois home furnishings specialist K. Virginia Seidel says you can easily cover shallow scratches on the finish that haven't penetrated the wood.

For one thing, you can use an unsalted, oily nutmeat such as a pecan, English walnut or black walnut. Remove the skin and rub the nutmeat over the scratch several times. Then rub the entire area with a soft, dry cloth.

Or you can use a wax crayon that blends with the color of the furniture. Go over the scratch several times with the crayon.

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FOR RELEASE WEEK OF JULY 22, 1957

Limit Amount of Freezer Loads

Take it easy when you start preparing foods for freezing. Don't prepare too many at a time.

If you overload your freezer, the temperature will rise too much and the foods will freeze too slowly. They will then lose quality or may even spoil. Freezing should be completed in 24 hours.

University of Illinois home management specialist Catherine M. Sullivan says it is usually best to limit the freezing load to one-fifteenth or, at most, one-tenth of total freezer capacity.

Packages freeze fastest when they touch a refrigerated surface directly. So check the manufacturer's directions to find out what is the proper load for your freezer and where it should be placed.

If you pack the freezer too full, the center packages may not freeze fast enough. So leave a little space between packages if possible.

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FOR RELEASE WEEK OF JULY 22, 1957

Farm Wife "Accident Preventer" in Home

Every farm wife has a job as "accident preventer" in her home.

This week, July 21-27, is National Farm Safety Week, says O. L. Hogsett, extension safety specialist, University of Illinois College of Agriculture. But it is up to the farm homemaker to be a "policeman" in her home 365 days out of the year.

This means that she should always be on the lookout for hazards to health and safety in her home. Especially should she be watchful to prevent falls and burns, the two most common causes of home accidents.

Quiz yourself about hazards that may be found in your home. Look at each room critically. During 1956 home accidents ran a close second to auto accidents, causing 32,000 deaths.

The way to prevent an accident is to know the cause, remove the hazard and then practice safety and accident prevention until they are second nature to you.

Safety Makes Sense.

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Homemaking news



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FOR RELEASE WEEK OF JULY 29, 1957

Sugar Sirup Best Freezer Pack for Peaches

A sugar sirup is better than a dry sugar pack when you prepare peaches for freezing, according to a University of Illinois foods research worker.

Frances O. Van Duyne says experiments show that a 50 to 60 percent sugar sirup best preserves texture, shape, color and flavor of peaches.

To make a 50 percent sirup, dissolve one cup of sugar in four-fifths cup of water. For a 60 percent sirup, use one cup of sugar in one-half cup of water. Stir or heat the sirup to dissolve the sugar. But be sure it is cold before you add the peaches.

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FOR RELEASE WEEK OF JULY 29, 1957

Tips for Buying Kitchen Knives

Here are some tips on buying kitchen knives. They come from a home management specialist at the University of Illinois.

Catherine M. Sullivan says that high-carbon steel blades take and hold an edge well. Many stainless steel knives are not satisfactor because they do not have this high carbon content.

If you want a stainless blade with a good cutting edge, a chromium plating on high-carbon steel may be a good choice. If you are interested in performance rather than appearance, your choice may be a high-carbon steel blade that will need an occasional scouring.

Take a look at the blade. If it tapers from handle to point and from back to cutting edge, it will have the proper spring and can be ground to a good edge. It should extend at least halfway into the handle and be fastened with two or three rivets. A full-tang blade--one that extends the full length of the handle--is a good feature.

Now check the construction. Hold the knife and pretend that your're cutting or peeling something. Does it fit your hand? Is the handle long enough? Too long? Too bulky? Too slender? Does your finger slip onto the blade?

Now look at the construction and finish of the handle. Smooth hardwood, hard rubber or plastic handles take hard wear. Painted handles may peel, and unfinished wood handles may absorb moisture and become rough.

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7/24/57

FOR RELEASE WEEK OF JULY 29, 1957

Promote Safety for Children on the Farm

It's nice for your children to know what their Daddy is doing while he is working in the field. But don't send small ones to the field alone with their father, warns O. L. Hogsett, extension safety specialist at the University of Illinois.

Fathers with their minds occupied and their hands full shouldn't be asked to watch small children in the field or barn, because they need to be watched constantly. A man working with a tractor or milking machine is doing a job that requires his constant attention. Divided attention means that both jobs suffer, and the accident threat to both the man and the child increases. The toddler should be protected by responsible supervision or a fenced play area when farm work moves to the driveway or barn. Children playing around trucks and machinery are often not visible to the operator.

To show children their fathers' farming activities, plan a picnic break for the morning and afternoon. When Mother and the children arrive with a cool, refreshing drink and sandwich or cookies, Daddy can take a break that will let him return to his work refreshed and rested. The children get their questions about the machinery answered by their father. Mother stays long enough for the children to see the machine in operation, and the curiosity of the children is safely satisfied.

The break is not only good for Dad, but for Mother as well. The whole family gains when an accident has been prevented.

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FOR RELEASE WEEK OF AUGUST 5, 1957

Child Can Still Plant "Garden"

There's still time for your youngster to plant a "garden" this summer. And you don't have to be concerned about the weather.

Mrs. Millicent Martin, University of Illinois child development specialist, says children can "garden" without having a real garden.

She suggests that they plant seeds and watch them grow. A good way to show how seeds sprout is to moisten a blotter, put it in a glass and then put seeds between the blotter and the glass. Keep the blotter wet.

Lima beans sprout quickly and the child can also see how fast the roots grow. You can transfer the plants to soil in a container or outside in the yard.

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FOR RELEASE WEEK OF AUGUST 5, 1957

On-the-Spot Sandwiches Taste Best

Sandwiches prepared at the picnic site seem to score hits with hungry picnickers.

Mrs. Dorothy McIvor, University of Illinois foods specialist, suggests that you avoid limp, soggy sandwiches by taking an assortment of sandwich spreads, fillings, breads and rolls so that each person can concoct his own.

Baked-bean or chili 'burgers are a change from the usual picnic fare. Heat opened cans of baked beans or chili con carne. Put in buns, bread or crackers and top with catchup or chili sauce, pickle relish, cheese slices, onion rings or lettuce leaves.

Make chunkettes by cutting French or Italian bread into chunks one inch thick. Toast on sticks and eat with peanut butter, cheese spreads, deviled ham or tuna sandwich spread.

You can put toasted cheese sandwiches on your picnic menu by toasting cubes of cheese on a stick and putting them in toasted buns

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FOR RELEASE WEEK OF AUGUST 5, 1957

Points for Checking Child's Shoes

Your youngster may not know whether new shoes fit him properly, so a University of Illinois health education specialist lists some points for you to check.

Pauline Brimhall says that the toe structure should be boxy and soft, leaving enough space to keep the toes from rubbing on the top of the shoe. The heel should grip the foot well, and the shank should fit up into the arch of the foot.

The length should be one-half to one inch longer than the longest toe. The widest part of the foot, of course, should come at the widest part of the shoe, and it should allow a slight pinch-up of leather over the ball of the foot.

Since children's feet can change size rapidly, they should be checked often for proper shoe fit at a reputable shoe store or by a foot specialist. Improper fitting in childhood can mean foot trouble in adult life.

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Homemaking news

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FOR RELEASE WEEK OF AUGUST 12, 1957

Home First Aid Kits Often Neglected

Many people today are taking first-aid courses because of the threat of atomic warfare but they are forgetting to take stock of their home safety measures, says O. L. Hogsett, extension safety specialist at the University of Illinois.

He advises that you check your medicine chest now. Throw away old, stale or out-dated medicines. Be sure each jar, bottle and box is clearly labeled. If your medicine chest isn't ina handy location, fix up a first-aid kit to keep close at hand.

A good first-aid kit need not be expensive or difficult to make. A unit-type kit, such as a tight metal box, serves the purpose. Use a Red Cross first-aid book as reference for necessary articles to be included in the kit.

Include sterile gauze and cotton, rolls of adhesive, a good antiseptic, sterile applicators and a remedy for burns.

Keep first-aid kits in your house, barn and farm shop, on the tractor and on other pieces of farm equipment.

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8/7/57

FOR RELEASE WEEK OF AUGUST 12, 1957

Check Freezer on Five Points

With your freezer rapidly filling up this summer, a University of Illinois foods researcher suggests you see that you're getting the most out of it.

Frances O. Van Duyne lists these five questions to ask yourself.

First, is my freezer well-filled during the most of the year and do I have a good rate of turnover? It costs to operate an empty freezer as well as a full one, and as more food is frozen and stored, the cost per pound decreases.

Second, do I have a wide variety of the family's favorite foods in the freezer? Fruits, vegetables and meats should take up most of the freezer space. And the specific items should be highly nutritious and taste especially good.

Third, am I following the manufacturer's directions in using my freezer? The amount of food that can be forzen at one time depends on the capacity of the freezer, the kind of food and the nature of the packaging materials.

Fourth, are my foods as good as I would like? Check these points: high original quality, proper handling and packaging, complete freezing within 24 hours, temperatures of 0° F. or lower for storage and use within the proper length of time for the product concerned.

Fifth, does my freezer show good housekeeping? Is it clean, neat and free from odors? Are the foods properly packaged and labeled? Do you know how much of each frozen food you have?

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FOR RELEASE WEEK OF AUGUST 12, 1957

Tea Is Base for Party Punches

Iced tea is a versatile summertime party companion when you flavor it with a touch of imagination.

University of Illinois foods specialist Mrs. Dorthy McIvor suggests this basic tea recipe with three variations.

Prepare two cups strong tea infusion by mixing about three tablespoons black tea with cold water and placing it in a refrigerator overnight. Or use lukewarm water and steep the tea at room temperature for six or seven hours.

Just before serving, add six cups of fruit juice and four cups of gingerale or charged water and sweeten to taste.

One fruit juice combination is three cups of pineapple juice, two cups of orange juice and one cup of lime juice for a golden punch. For a variation, you might make a California punch by combining three cups of loganberry juice, two and one-half cups of orange juice and one-half cup of lemon juice. For a third variation, mix four cups of grape juice and two cups of grapefruit juice for a royal punch.

Then pour the tea punch over ice cubes or an ice block in a punch bowl. This recipe makes 25 four-ounce cups or about 12 eight-ounce glasses.

Garnish with cherries, bits of pineapple or mint.

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Homemaking news

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FOR RELEASE WEEK OF AUGUST 19, 1957

Sweetened Condensed Milk Needs Refrigeration

If you use sweetened condensed milk, you will want to follow some suggestions from University of Illinois Foods Specialist Geraldine Acker.

Buy only as much as you can use in a reasonable length of time. Although this type of milk will keep for a year at 40 - 50° F., some undesirable changes will take place at higher temperatures.

If you don't use all of it at one time, refrigerate the unused portion. Be sure to cover it with metal foil or plastic film. When left unrefrigerated and open, sunlight may change the flavor and reduce the vitamin C and riboflavin content.

Before opening a can of this milk, clean the top with a damp cloth or put it under running water. Because of its thick consistency, remove the lid completely before pouring. And use a clean rubber scraper to remove the milk that sticks to the sides of the can.

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FOR RELEASE WEEK OF AUGUST 19, 1957

Plan, Then Buy Clothes

With store windows and display racks filled with new fall styles, you may be wondering how to decide which are the best buys for you.

University of Illinois Textiles and Clothing Specialist Fern Carl says the keynote of your buying should be planning. In other words, spur-of-the-moment buying is taboo when it comes to wise clothes buying.

Of course you want to be fashionable, so check the new styles. But before you buy, be sure they are good for you. Not everyone can wear full skirts becomingly. Nor can everyone wear sheaths well. Once you find a good style, be sure the garmet fits and won't need too much alteration.

While you're looking at the style, don't forget to check the quality. How is it made? And what kind of care will it need?

And remember that simple and basic clothes in basic colors give the best clothes mileage.

Accessories come to the aid of many a listless outfit, but don't expect everything of them. If you haven't planned the rest of your wardrobe carefully, more than likely one set of accessories won't go with everything.

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FOR RELEASE WEEK OF AUGUST 19, 1957

Children Face Many Hazards on Farms

The farm child has all the advantages of outdoor living, yet he also faces its many hazards, says O. L. Hogsett, extension safety specialist at the University of Illinois.

The largest number of accidental deaths on farms occurs among the 15 to 19 year-olds, next largest number among children from 10 to 14 years and then those under 5 years.

Operation of farm machinery caused about a third of the accidental deaths on the farm. Next in order were fatalities from drownings, firearms, falls, animals and burns. Most victims of burns and drownings were children under 5 years old. Firearms and lightning took highest toll among those between 15 and 19 years.

Many of these accidents were caused by carelessness, negligence or not being aware of the dangers, according to Hogsett, who points out that farm homemakers especially need to be safety conscious. Protection of children especially depends on them. The number of drownings clearly shows that mothers need to see that children learn to swim, know and obey the rules of water safety.

Homemakers also can keep older children from operating heavy machinery until they are old enough and know how to do it safely and fully understand the dangers. Women also can make sure that firearms and matches are always stored out of reach of young children, and that older children are instructed in use of firearms.

This is only part of the accident story. Added to it are the great number of non-fatal accidents to children and the fact that children are among the chief sufferers in farm home accidents.

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Homemaking news

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FOR RELEASE WEEK OF AUGUST 26, 1957

Child's Eyes Need Checking Often

About one-third of the school-aged children have poor eyesight, according to a University of Illinois health education specialist. Pauline Brimhall says that probably the biggest problem is that too often neither parent nor child realizes the trouble.

She suggests that you have your child's eyes checked before school starts.

If a child has always seen double or had blurred vision, he has no reason to think anything is wrong. This poor sight can directly affect his school work.

Miss Brimhall says you can check for red rims, encrusted or swollen lids, recurring sties, inflammation or wateriness or crossing of the child's eyes. All are signs of some eye trouble.

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FOR RELEASE WEEK OF AUGUST 26, 1957

Wood Ticks May Cause Spotted Fever

If you or your children are going to be in wooded areas during the rest of the summer, you'd better check carefully for wood ticks. Although not all wood ticks are dangerous, infected ones can carry Rocky Mountain spotted fever.

This warning comes from University of Illinois health education specialist Pauline Brimhall.

According to the Illinois Department of Public Health, the first symptoms of Rocky Mountain spotted fever usually appear from four to 12 days after the tick bite. They may begin suddenly with chills, fever, severe headache, restlessness and insomnia. About three or four days after the fever begins, a skin rash appears that later turns purple and red. This rash first appears on the arms and legs and spreads rapidly over the body.

Here are Miss Brimhall's suggestions for finding and removing wood ticks:

Examine the body carefully, especially the head, neck and arms. Remove ticks with small tweezers or a piece of paper held between your fingers. Use a gentle, steady pull. If the tick is hard to remove, put a drop of oil or turpentine on it or hold a heated needle to it until it lets go. If the beak breaks off in the skin, have a doctor remove it surgically.

Kill the tick after you remove it, and paint the bite with an antiseptic like tincture of iodine. Wash your hands thoroughly, and sterilize the tweezers.

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FOR RELEASE WEEK OF AUGUST 26, 1957

Don't Overload Refrigerator

There's more hot weather ahead, so treat your refrigerator kindly. Don't overload it with unnecessary items.

University of Illinois foods specialist Geraldine Acker says to arrange food on the shelves in such a way that cold air can get to all sides. Good refrigeration depends on air circulation.

Don't refrigerate jellies, pickles, commercial salad dressings, peanut butter and other foods that don't require refrigeration. Before storing vegetables remove radish tops, outside lettuce leaves, pea pods and other parts that you won't eat anyway.

Store milk, meats and poultry in the coldest part of the refrigerator. Give eggs and small fruits the next coldest spot, and store salad greens next to fruit. Put strong-flavored vegetables and fruits in a lower section.

If you cool large quantities of food, two small bowls are usually better than a large one. They may take up a little more room, but it is safer because the foods cool quicker and aren't so likely to spoil.

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8/21/57

for weeklies

Homemaking news

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FOR RELEASE WEEK OF SEPTEMBER 2, 1957

Transplant Peonies Sept. 1 to Oct. 10

Some of your peonies may need a little attention between September 1 and October 10.

According to C.E. Ackerman, University floriculturist, peonies should be transplanted or reset occasionally, and this six-week period is the best time.

Peonies need a prominent place in the sun, a fertile soil with good drainage and only two to three inches of soil over the crowns.

To reset, cut the leaves and stems to the ground. Then, with a spade or similar garden tool, carefully dig the roots to avoid injuring them. Remove the soil from the clump of fleshy roots. With a sharp knife, cut the roots into pieces containing three to five strong buds or eyes and a generous portion of fleshy root.

It's best to plant these roots in soil where peonies haven't been grown before. Use freshly prepared soil if possible. Peonies need plenty of nourishment, and they deplete the soil of many nutrients. Proper use of fertilizer helps to maintain a fertile soil for successful peony culture.

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Dig a hole at least two feet in diameter and two feet deep for each root piece. Place a handful of bonemeal in the bottom of the hole. Then put in a soil mixture of one part peat and five to six parts fertile loam.

Set a peony root in the soil, leaving two or three inches of soil above the crown buds. Firm the soil around the root, and don't add water unless the soil mixture is very dry.

After the soil freezes, place a mulch of peat moss about one inch thick on the surface around the root to keep the soil frozen until spring.

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MVB:cam
8/28/57

FOR RELEASE WEEK OF SEPTEMBER 2, 1957

Wash Grayed Glass Curtains by Hand

If your glass fiber curtains are gray from smoke fumes, a University of Illinois home furnishings specialist says you may not be able to remove the discoloration completely even by washing them. But you can improve their appearance.

K. Virginia Seidel suggests that you hand wash the curtains in hot, soapy water, adding as much household ammonia as "your nose can stand." Then rinse them in clear, warm water.

Since glass fiber can't take abrasion, hand wash rather than machine wash them. Then, too, some fine glass particles might stay in the machine and penetrate clothing you wash later. In turn, skin irritations could result from clothing penetrated by the fine glass particles.

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FOR RELEASE WEEK OF SEPTEMBER 2, 1957

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FOR RELEASE WEEK OF SEPTEMBER 9, 1957

Emery Paper, Sandpaper Remove Loose Paint

You need more than a paint bucket and brush when you start repainting outdoor furniture.

Dorothy Iwig, University of Illinois home furnishings specialist, says to remove all loose or peeling paint and rust with an emery paper or sandpaper before you put a fresh coat of paint on metal furniture.

Then use a paint made especially for metal, and follow the directions carefully.

On wooden furniture, check the surface carefully for marred spots. Remove any loose paint and repaint the spots. Then repaint the entire piece.

There are also some precautions to observe while you paint. If you scrape or sandpaper lead-painted surfaces, don't inhale the dust. Do the job in a well-ventilated room or outdoors.

Keep your skin as free as possible from paint, and clean your hands thoroughly before eating. Use oil or grease to remove most of the paint, and then wash with soap and water.

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MVB:cm
9/4/57

FOR RELEASE WEEK OF SEPTEMBER 9, 1957

Low-Salt Diets Let You Experiment

Low-sodium diets allow you to prepare some new food combinations and to revise some old standbys, says a University of Illinois nutritionist.

Harriet Barto says that you should first check carefully with your doctor to learn what foods are on the diet. For instance, you should know whether or not you'll have to eat unsalted bread and butter.

Then the key to variety and taste in your food combinations is to serve at least one food in which you won't miss the salt. An example is that a sandwich made with unsalted bread tastes better with preserves than with unsalted meat on top of unsalted butter.

While the temperature is still up this summer, you could use fresh fruit, fruit gelatins and gelatin salads instead of those that need a salty dressing. Some evening you might serve sweet rice with sugar, cinnamon and unsalted, browned butter.

Of course you could top broiled meat with a fruit garnish, such as broiled pineapple, apples, pears or apricots. Even if you can't use the drippings or pot liquids for gravies, most diets allow you to brush the fruit with these liquids while you broil the meat.

Unsalted tuna tastes better when you combine it with foods that don't usually take salt. How about a tuna-apple salad? Mix one-third can of unsalted tuna, one-half cup of unpeeled, chopped apple, two tablespoons of chopped toasted almonds (unsalted), one tablespoon of lemon juice and two teaspoons of salad oil. Serve it in a lettuce cup.

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FOR RELEASE WEEK OF SEPTEMBER 16, 1957

Today's Nutrition To Be Spotlighted at Meeting

Nutrition authorities will spotlight nutrition in today's economy at the fall conference sponsored by the Illinois Nutrition Committee September 28 at Bradley University, Peoria.

Everyone is encouraged to attend and hear up-to-date nutrition information. The meeting will be in Jobst Hall. Registration will begin at 9 a.m. DST, and the morning session will start at 9:30.

Marilyn Chaloupka, member of the foods and nutrition teaching and research staff at the University of Wisconsin, will tell about recent significant developments in nutrition research. Miss Chaloupka did research work at the University of Nebraska and received her Ph.D. degree from the University of Wisconsin.

Dr. Reid T. Milner, head of the department of food technology at the University of Illinois, will tell about contributions that food technology has made to food preservation.

A highlight of the meeting will be progress reports in the afternoon from several cities on their weight-control projects. Dr. Thomas Gorsuch of Peoria will also discuss nutrition problems common to physicians. George T. Daughters, chief of the Chicago District of the Food and Drug Administration, will talk about food facts and fallacies.

A luncheon is planned and reservations should be sent by September 26 to Mrs. Alice Peck, 432 W. Hampton Court, Peoria.

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FOR RELEASE WEEK OF SEPTEMBER 16, 1957

Remember Clothes Closets Before It's Too Late

The common cry of many home builders or remodelers after the last nail is in place is "What happened to our clothes closets?"

Helen McCullough, in charge of housing research at the University of Illinois, suggests some things to keep in mind before you finish building.

A clothes closet should be at least 24 inches, and preferably 28 inches, deep if you expect to hang clothing on a rod parallel with the door. A shelf 12 to 14 inches deep above the rod will take care of hats and out-of-season garments stored in boxes. Or you can use a tier of shelves 9 to 12 inches deep for these articles, as well as for shoes, purses and folded articles.

The width of the closet will depend on your needs. For bedroom closets Miss McCullough recommends at least 48 inches of rod space for each person. Studies show that space needs for adults' clothing range from 3 feet in some rural areas to 7 feet in urban areas.

Women's clothing usually takes an average of 2 inches of rod space for each garment, and men's clothing takes 2½ inches. Heavy coats and robes may take as much as 4 inches.

Place the top of the rod 63 inches from the floor for adults' clothing and 45 inches for 6- to 12-year-old children's clothing. Allow at least 2½ inches between the top of the rod and the shelf so that you can slip hangers easily on the rod.

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9/11/57

Parents Should Set Good Examples

The teen-age driver often reflects his parents' driving habits. The boy who was killed in a hunting accident may not have learned careful use of a gun from his father. The boy who upset the tractor may have been trying something he had seen his father do.

Parents can have a strong influence on the safety attitudes and habits of their children.

The example they set may mean the difference between life and death for their children, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Falls were responsible for about half of the home accident deaths in 1956. On farms, falls kill between 2,000 and 2,200 people every year. Special studies show that about 700 of this total occur in the course of farm work; the rest occur in and around the home.

Homemakers must be constantly alert to pick up and put away objects that could cause trips and falls. Stairs are a hazard when they are unlighted, cluttered and used for storage space.

The kitchen is known as the most "accident-prone" room in the house, and spilled liquids should be wiped up quickly before they cause a slip or fall.

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FOR RELEASE WEEK OF SEPTEMBER 23, 1957

Plan Constructive Halloween Now

"Tricks or treats" and destructive Halloween pranks are taking a back seat to family and group activities in many communities. So start planning now for a constructive October 31 in your community.

University of Illinois rural recreationist E. H.Regnier says you may get some help from a booklet prepared by the National Recreation Association. It's entitled "Planning for Halloween" and is divided into two parts.

Part I contains material for family or small group party games, stunts, directions for telling fortunes, a short play and suggestions for creating such special effects as a chamber of horrors. Part II contains ideas for planning and conducting large group celebrations either indoors or outdoors. And it also has a section on window painting.

You can order this booklet through your local library or obtain their loan copy. There is a small charge.

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MVB:cam
9/18/57

FOR RELEASE WEEK OF SEPTEMBER 23, 1957

Here Are Answers to Cheese Questions

Just to help you brush up on some important points about cheese, S. L. Tuckey, University of Illinois dairy technologist, reviews some common questions and answers. Tuckey is in charge of cheese research at the University.

QUESTION: Is cheese fattening?

ANSWER: Cheese, like all foods, has calories, but that doesn't necessarily make it fattening. When figuring a diet, remember that many of the calories in cheese are from the all-important, highly protective milk proteins. Cheese is considered a "complete" protein food because it is a source of all the essential amino acids or "body building blocks." Include it in a balanced diet.

QUESTION: What causes cheese to get a sharper flavor during the process of aging or ripening?

ANSWER: When cheese ages, bacteria, enzymes and molds attack the complex milk preteins and digest them into more soluble protein materials. The fat portion is broken down into "free fatty acids." These chemical changes add the desired ripened flavor.

QUESTION: What causes the holes or eyes to form inside Swiss cheese

ANSWER: The microscopic culture that causes the holes or eyes to form in Swiss cheese is called propion-bacterium shermanii. Each single bacterium produces a gas that causes a hole or eye to form inside the cheese.

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RLN:cam
9/18/57

FOR RELEASE WEEK OF SEPTEMBER 23, 1957

Pleasant Breakfast Means Safer Day

A pleasant breakfast time can do a lot to promote safety. Perhaps you've never realized it, but accidents seem to "just happen" when your feelings are upset, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Of course, accidents never "just happen." There's always a reason. Fatigue, temper flare-ups or jangled nerves can cause an accident just as quickly as a tire blow-out or a roller skate left carelessly on the floor.

When Father storms out of the house in the morning, with Mother shouting after him and the youngsters squalling, you can bet that an "accident-prone" day is ahead for all of them. When emotions come to the front, it's hard to think clearly or to take safety precautions.

Good diet, enough sleep and happy family relations not only give you the good life, but they add to family safety. Make it your job to see that the family starts off on the right foot every single morning.

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FOR RELEASE WEEK OF SEPTEMBER 30, 1957

Wallpaper Design Can Help or Hinder

Certain wallpapers look stunning in the sample book, but they become almost shocking when you put them on your walls.

A University of Illinois home furnishings specialist says many people select wallpaper for its decorative effect. And this one point often causes the most trouble.

Dorothy Iwig says first to decide whether you want striped, scenic, floral or geometric paper.

If you want to use a striped paper and your ceilings are about 8 1/2 feet high, narrow stripes might be a good choice because they make the ceiling look higher. But if the ceiling is above nine feet, use a wider stripe to modify the height.

Scenic-type paper gives a room perspective and depth. Geometrical designs lend themselves well to modern styles.

Dual-purpose areas can cause problems when it comes to choosing wallpaper. For instance, in a combination kitchen-eating area, which part would you paper and which would you paint?

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In most cases Miss Iwig would suggest painting the work area and papering the eating area. The wood used in cabinets today is usually rich looking and shows up best against the plain backgroun of a painted wall. On the other hand, the dining area can stand to be gay, so wallpaper is usually a wise choice there.

There's a slightly different kind of wallpaper on the market now that you might want to try--a cut-out. You can either buy it or make your own. If you make it, use a sharp razor to cut out the main design from a regular piece of wallpaper. Then apply the cut-out witl wallpaper paste to a plain-colored wall. This treatment can be a simple but stunning addition to any room.

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MVB:cm
9/25/57

FOR RELEASE WEEK OF SEPTEMBER 30, 1957

Keep Children Off Farm Machinery

Harvest time brings an increase in the activities not only of adults and children, but also of farm machinery.

Children plus farm machinery add up to a bumper crop of accidents each year, says O. L. Hogsett, extension safety specialist at the University of Illinois. The children are not at fault, and neither is the machinery. It is the parents who must be responsible for seeing that these accidents can't happen.

The best way is to make children understand how accidents are caused and how they can prevent them. They may think you are too strict when you forbid them to ride on a tractor or other machinery. But it may keep them from being injured or even killed. So think twice before you let children ride on equipment.

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FOR RELEASE WEEK OF OCTOBER 7, 1957

Tips for Duck Hunter--And Cook

The duck a hunter bags will get to the dinner table in fine shape if you follow some tips from University of Illinois foods specialist Geraldine Acker.

Keep the bird dry from the time you shoot it until you get home. A game carrier or hunting coat with game pockets works well.

Cool the bird as soon as you can, and keep it cool on the way home too. If you throw it carelessly into a hot car trunk, you'll probably also throw it into a garbage pail. For someone who hunts a great deal, a portable refrigerator is a good investment.

Pick the bird soon after you come home. Picking, rather than skinning, is recommended for ducks. Birds with the skin on don't dry out so much in cooking as birds that have been skinned.

Now draw the duck. Cut the head, feet and wings from the body. Slit the abdomen and remove all internal organs. Save the heart, gizzard and liver, because they are nutritious as well as tasty.

-more-

FOR RELEASE WEEK OF OCTOBER 7, 1957

Fall Leaves Make Good Collection

Don't tell your youngster to throw away all the golden, crimson, bronze and other colorful fall leaves he brings home. Encourage him to collect and study them.

This advice comes from Mrs. Margueritte Briggs Lynch, child development specialist at the University of Illinois.

Since children like to collect things, they might as well collect items that will teach them something.

You might walk with your child to places where he can find different kinds of leaves. He can probably find a wide variety of them in his own neighborhood too.

After he collects them, help him identify them. Then he will enjoy pressing and saving them.

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10/2/57

Wipe the drawn duck with a clean damp cloth.

Place the giblets in the abdominal cavity. Wrap the duck loosely in waxed paper and refrigerate until needed. Expert game cooks prefer birds that have been refrigerated for two or three days.

Ducks also freeze well. Wrap tightly in freezing paper, or place in cellophane or polyethylene freezer bags and seal. Store at 0° F. or lower.

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10/2/57

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FOR RELEASE WEEK OF OCTOBER 14, 1957

Pick Tomatoes, Beat the Frost

It's better to snip green tomatoes and bring them indoors than to let the frost nip them.

To get the best tasting tomatoes, N. F. Oebker, horticulturist at the University of Illinois, says to pick only sound, mature-green or turning tomatoes off good-quality vines.

Store them in a shallow tray or similar container at about 65° F. Keep them in indirect light until they're ripe, and then put them into the refrigerator until you're ready to serve them.

If you let them ripen in direct sunlight, they will become "splotchy." If you refrigerate them while still green, they won't ripen any more and will become watery.

Store in a relatively moist place so that they won't dry out.

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MVB:cam
10/9/57

FOR RELEASE WEEK OF OCTOBER 14, 1957

To Wives of Corn Picker Operators

Do you wives of Illinois corn picker operators love your husbands? If so, remind them of these facts:

In the past 10 years, the number of mechanical corn pickers has increased 425 percent until Illinois now has 90,000 of them. This means lots of opportunities for accidents if the pickers aren't operated carefully.

The best safety device is a careful operator, and your husband can be one if he will follow these safety rules, says O. L. Hogsett, extension safety specialist at the University of Illinois.

1. Stop the picker before greasing, adjusting or unclogging. Make "shutting off the power" a habit every time you leave the tractor seat.

2. Keep shields in place. Never operate without them.

3. Dress for the job. Always wear close-fitting clothes that are warm and comfortable. "Extra thumb" gloves are especially dangerous.

4. Prohibit extra riders and see that you have a firm footing when climbing on and off machinery.

5. On the highway, use a red flag "up high" to warn motorists of slow-moving farm vehicles. At night use a white light in front and a red one in the rear. Obey all traffic rules.

If your husband follows these simple rules, he can harvest his corn efficiently and safely.

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FOR RELEASE WEEK OF OCTOBER 28, 1957

Bacterial Growth Stops At Freezer

As long as foods are frozen, you don't need to worry about bacterial growth. But when frozen foods thaw, bacteria will start growing again.

Mrs. Leeta West, University of Illinois foods researcher, says that is the reason cleanliness and quick cooling, thawing and re-heating are stressed in handling frozen foods.

Bacteria grow faster at a warm temperature than at either a cold or hot temperature. So don't hold foods at room temperature any longer than necessary.

Because cooked foods often contain such ingredients as milk, meat and eggs that promote bacterial growth, spoilage may occur in them more quickly than in other foods.

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MVB:cm
10/23/57

FOR RELEASE WEEK OF OCTOBER 28, 1957

Grandma's Rolls in Half the Time

Today you can have Grandma's homemade rolls on your table in half the time it took her--and without the kneading.

Mrs. Pearl Janssen, University of Illinois foods specialist, reports that a way to mix rolls and bread has been developed that eliminates kneading and cuts minutes from preparation time.

Big change in the recipe is beating in place of kneading. You can have rolls from mixing bowl to table in a very short time by using an acid such as sour cream, buttermilk or brown sugar. Good results can be obtained with only one fermentation period.

As soon as you have mixed the batter, spoon it into muffin tins, let it rise and then bake in the usual manner.

If you would like the recipe for this new method, write to Mrs. Pearl Janssen, Department of Home Economics, University of Illinois, Urbana, Illinois.

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FOR RELEASE WEEK OF NOVEMBER 4, 1957

Custard Pies Give Needed Nutrients, Variety

Custard pies provide a tasty way of including eggs in your daily menu, and you can dress them up easily too.

If you have some almonds, you may want to try an almond custard pie. Brown 1 cup of chopped blanched almonds in 2 tablespoons of butter in the oven, says Geraldine Acker, University of Illinois foods specialist. Sprinkle them over the bottom of the pastry. Cover with a custard filling and bake as you would any other custard pie.

For a butter custard pie, add 2 tablespoons of butter to the milk before scalding. The butter gives the pie a nicely browned top.

If your family like coconut, they'll like a custard coconut pie. Sprinkle 1 cup of finely cut shredded coconut in an unbaked pastry shell. Pour custard over the coconut and bake the same as a plain custard pie.

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FOR RELEASE WEEK OF NOVEMBER 4, 1957

Home Safety Program

Corn pickers and tractors are dangerous farm machines, but more than twice as many fatal accidents in 1956 occurred inside farm homes as on the farm itself.

O. L. Hogsett, extension safety specialist at the University of Illinois College of Agriculture, points out that homemakers are in the best position to concentrate on a farm and home safety program.

Seemingly harmless things like slick floors, loose scatter rugs and toy-littered floors appear to offer as much danger to human life as corn pickers and tractors. Rural people are involved in about 16,000 fatal accidents every year, the largest percentage resulting from falls inside the home.

These dangerous falls can happen anywhere. Actually, about 80 percent of them occur when the victim falls on the same level and only 20 percent are falls downstairs or off makeshift ladders.

Safety must be a continuing project, with attention to details, if it is to pay off. Putting shields around power take-off shafts on farm machines while overlooking loose scatter rugs in the farm home is not an adequate safety program.

The best way to make your home and farm safe is to begin a systematic check of hazards and unsafe practices. Remember that safety starts in your own home. To prevent accidents, you must recognize hazards and eliminate them as quickly as possible.

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10/30/57

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FOR RELEASE WEEK OF NOVEMBER 11, 1957

Don't Let Mayonnaise Be Lazy

Don't let mayonnaise be the lazy salad helper in your kitchen. With just a little thought, you can make it the high point in many salads.

University of Illinois foods specialist Mrs. Dorthy McIvor has these suggestions:

For a cucumber-tomato dressing, add three tablespoons each of shredded cucumber and shredded tomato (using the firm outside part) and blend carefully with one cup of mayonnaise. This dressing is especially good with cold lobster or salmon.

A chili mayonnaise adds a flavorful tang to most fish salads. Add one-fourth cup of chili sauce, two tablespoons of vinegar, one tablespoon of Worchestershire sauce and one-half tablespoon of chopped chives to one cup of mayonnaise.

A mustard cream mayonnaise complements either meat or cooked vegetable salads. To one cup of mayonnaise, add one-fourth cup of prepared mustard. Fold in one-half cup of heavy cream and whip the mixture.

A pickle mayonnaise dressing combines well with meat, cooked vegetable or egg salads. Add one-half teaspoon each of catsup and minced parsley and one tablespoon each of minced sweet pickles, cucumbers and pickled beets to one cup of mayonnaise.

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11/6/57

FOR RELEASE WEEK OF NOVEMBER 11, 1957

Games Pass Time for Flu, Cold Victims

If flu or cold bugs are keeping your youngsters indoors for a few days, here are some ways to entertain them at about the right pace.

University of Illinois rural recreationist E. H. Regnier says this is a good time to use a tape or wire recorder. Record a story complete with noises imitating animals, wind, rain or other things and ad lib comments to fit the situations. You can announce each change of page with a catchy remark. Many youngsters like to play these recordings when they are sick or when the weather keeps them inside.

Invisible writing appeals to many children. Write fortunes or mystery messages on slips of paper with lemon juice. To read the paper, they must heat it over an electric light bulb or hold it carefully over a candle.

A book-mending session is often worth while. Gather up books that need mending, along with the necessary materials, and let the convalescents help mend. Of course you can add new covers by finger painting.

While the scissors, paste and other materials are out, you might want to bring the family scrapbooks up to date.

And the youngsters can always make a surprise game for dad or older brother or sister. Let them cut out pictures of important people from newspapers or magazines and mount them without identification. Then see how many can be named correctly.

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FOR RELEASE WEEK OF NOVEMBER 18, 1957

When Is Turkey Tom "Done"?

Turkey Tom's time is up in the oven when he passes one of these three tests suggested by Mrs. Lorena Neumann, foods specialist at the University of Illinois.

He's "done" when the temperature in the center of the inside thigh muscle reaches 190° F. or when the temperature inside the center of the stuffing reaches 180° F.

Does the meat feel soft? Protecting your fingers with a paper towel, press the muscle of the drumstick to see whether it feels "soft."

Does the leg joint move easily? Move the drumstick up and down to see whether the leg joint gives readily or breaks.

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MVB:cam
11/13/57

FOR RELEASE WEEK OF NOVEMBER 18, 1957

Boost Child's Scientific Interests in Home

Today's scientific achievements have probably sparked curiosity in many youngsters that their parents can encourage at home.

University of Illinois rural recreationist E. H. Regnier believes that families should explore simplified scientific demonstrations and experiments together at home.

He points out that great scientists recognized the value of simple and dramatic demonstrations. The first steam engine, for example, dates back more than 100 years to Heron of Alexandria, who introduced it as a toy. Today's families can easily duplicate many experiments with things from the home and the neighborhood store.

Children can see an example of jet propulsion in their homes. They can blow up a balloon and then let it fly around the room. And Kenneth S. Swezey describes another way in his book, "After Dinner Science." He uses an empty tooth powder can, water and a lighted candle.

Ideas for other demonstrations that will boost children's interest in and appreciation for science can be found in scientific publications, library books and school texts.

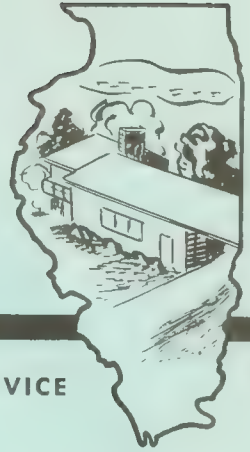
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FOR RELEASE WEEK OF NOVEMBER 25, 1957

Why Do People Drink Milk?

Many people drink milk because it tastes good.

At least that was the reason given most often by a majority of city milk drinkers in a survey taken recently by Michigan State University research workers.

The survey covered 101 urban families. These families also listed some other reasons for drinking milk.

Some of them like milk because it has a high food value; others because it is important to health or because they thought their children needed it.

But good taste was by far the most common answer. And Geraldine Acker, foods specialist at the University of Illinois home economics department, suggests that you follow the rule of "three C's and a D" to preserve the taste of milk. Keep milk "clean, cold, covered and dark."

Milk holds both food value and flavor best when kept cold. When stored near the cooling unit in your refrigerator, it can be expected to keep good quality and flavor for three to five days.

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Keep milk covered in the refrigerator, because it can pick up odors and flavors easily.

Don't let milk in glass bottles stand in the sunlight for more than 20 minutes, or it may develop a "sunlight" off-flavor.

Miss Acker also says, when using milk, to keep it out of the refrigerator just long enough to pour the amount needed for immediate use. And don't mix new milk with old unless you expect to use it immediately. Bacteria that cause stale flavor increase in stored milk--even in pasteurized milk under good storage conditions.

For those who simply don't like the taste of milk, several kinds of flavored milk, like chocolate, can be bought or made at home.

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AS:sl
11/20/57

FOR RELEASE WEEK OF NOVEMBER 25, 1957

Make Sure Toys Are Safe

Well-meaning Santas sometimes forget that children's toys should be safe as well as entertaining.

Youngsters will play with almost any toys they get. As adults we are responsible for seeing that no danger is involved in their fun, says O. L. Hogsett, extension safety specialist at the University of Illinois.

For youngsters in the crib and playpen set, select toys large enough to prevent the child from swallowing them. And for young teethers who chew and suck anything they play with, be sure toys are finished with non-poisonous dyes or paints. They should be washable, too, if possible.

Some toys have small parts that can be pulled loose. These present a real danger to a child who puts everything in his mouth, nose or ears. For obvious reasons, playthings should be free of sharp points and rough edges.

Safe toys will make it a safer Christmas for your children.

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OLH:cm
11/20/57

for weeklies

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FOR RELEASE WEEK OF DECEMBER 2, 1957

Buy Safe Toys for Christmas

In an interview with good old St. Nicholas, O. L. Hogsett, extension safety specialist at the University of Illinois, found the genial gentleman perfectly willing to cooperate in providing safe toys for children at Christmas time. But Santa insisted that he needs parents' help too.

"Certainly I think children should have safe toys," Santa said. "But many times parents order things that turn out to be dangerous. I just fill their orders and deliver the goods. Speak to the parents about it."

Play is a child's world and entertainment. But it also stimulates growth of his physical, mental and social abilities. So select playthings that are appropriate to the age, interest and mental and physical abilities of your child.

Also see that playthings are sturdy and well made. Avoid cheaply constructed or breakable toys that will come apart or be broken under strenuous child play, leaving jagged edges that may cause cuts and infection.

Santa also had a word of advice for those who plan to drive during the holidays. "Take it easy and drive carefully," he said.

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OLH:cm
11/27/57

FOR RELEASE WEEK OF DECEMBER 2, 1957

Youngsters Can Make Holiday Gifts Too

The haphazard attempts youngsters make for Christmas presents don't have to be "useful" things. They can be just decorative.

The main thing is for the children to have their own project while adults make other holiday preparations.

University of Illinois child development specialist Pat Robinson says young children can make book covers from plastic oilcloth for themselves or as gifts for others. Turn the edges in and stitch with a heavy darning needle and nylon yarn.

They can also make mats by putting their own cut-out pictures between two pieces of wax paper and pressing the wax papers together.

Cosmetic jars make colorful gifts. The ones with paper labels are best to work with. Peel the paper off and then paint the jar with enamel paint. It can be decorated with a painted design or with tiny artificial flowers glued to it. Small pine cones can add a holiday note.

Earrings or necklaces can be made from round cork fishing floats. Youngsters can decorate them with colored sequins held in place with straight pins. Attach them to earring backs or to velvet ribbon.

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MVB:cm
11/27/57

FOR RELEASE WEEK OF DECEMBER 2, 1957

Home Can Be Christmas Workshop

Before the commercial glitter of the holidays makes families wonder whether it really is "more blessed to give than to receive," Ruth Dickens urges them to pause and think about the true meaning of the season.

Miss Dickens, assistant extension recreationist at the University of Illinois, emphasizes that Christmas time is family time. And she points to a suggestion from the National Recreation Association for a holiday make-it-yourself party in which all family members can participate.

The home becomes a "workshop" for making and wrapping gifts. Card tables with scraps of cloth, leather, buttons, pine cones, ribbons, pipe cleaners, paints, brushes, glue and other equipment are set up in various rooms. There's a table to suit different ages and types of people.

And finally there's a wrapping table. At this last table, each person tries to wrap the gifts he's made without hinting whom they are for.

When someone becomes tired, he can make popcorn or hot chocolate for the rest. And then some Christmas carols will finish up the evening's family party.

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11/27/57

for weeklies

Homemaking news

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FOR RELEASE WEEK OF DECEMBER 9, 1957

Holiday Hazards

Tradition is an important part of Christmas celebrations all across the land. These customs are as varied as the people themselves. Most people can call to mind things they do in a certain way each year at the Christmas season.

They are eager to fill their homes with particular kinds of fun and feasting that to them mean Christmas. But are they as concerned that their homes will be filled with holiday safety?

As you become involved in the Yuletide rush, take the time to observe some common-sense precautions, says O. L. Hogsett, extension safety specialist at the University of Illinois.

Every family ought to be a duly organized little safety council. During the holiday season each member should be responsible for manning an important "battle station": check water for Christmas tree daily; dispose of paper, cartons, excelsior, etc.; turn tree lights off when no one is home.

Finally, suppose that, in spite of all precautions, there is a fire. Does each person know what to do? Have you checked your fire extinguisher recently? Is it conveniently located? Does everyone know the number of the fire department?

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12/4/57

A Christmas Tree for the Children

Christmas trees children make themselves may not win any art contests, but they usually mean more to the youngsters than the ones they must cautiously help adults decorate.

Joan Graham, home furnishings specialist at the University of Illinois, says making a "fairyland sugar-plum" tree will answer many youngsters' holiday decorating yen.

First of all, pick a well-supported tree that the child can reach easily. Spreading stiffly beaten egg whites over the branches will add a snow-touched effect.

For decorations select small dough-nut-like candies, thin wire, colored toothpicks, large and small gumdrops, jelly beans, cellophane tape, cinnamon drops and candy canes. The youngsters can string the candies on four-inch lengths of wire and fasten them in circles to hang on the tree.

To make candy "bursts," they can stick toothpicks into a large gumdrop and put a small gumdrop or jelly bean on the end of each. Then they can wire the finished product to the branches.

They can make cinnamon chains by cutting strips of cellophane 12 inches long and pressing cinnamon candies to the sticky side. These can then be strung from branch to branch.

Of course they can also hang candy canes on the branches.

The youngsters don't have to decorate the tree all at one time. They will probably enjoy it more and be less tired if they do it at several different times.

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12/4/57

FOR RELEASE WEEK OF DECEMBER 9, 1957

Cranberry Punch for 30--Hot or Cold

Hot or cold cranberry punch is almost synonymous with holiday entertaining. And Mildred Bonnell, acting head of institution management at the University of Illinois, has these suggestions for making holiday punch for about 30 people.

Her recipe for cold cranberry punch calls for two quarts of cooled tea, made double strength, one 6-ounce can of undiluted frozen lemonade, one quart of sweetened cranberry juice and one quart of pineapple juice. Add one quart of gingerale just before serving.

A spicy, hot punch comes from the same recipe by substituting orange juice or another quart of cranberry juice for the pineapple juice and omitting the gingerale. Heat the mixture with six or eight sticks of cinnamon bark, two tablespoons of whole cloves and two tablespoons of all-spice tied in a cheesecloth bag.

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12/4/57

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Homemaking news

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FOR RELEASE WEEK OF DECEMBER 16, 1957

Let's Keep Christmas Merry

Adults should insist that all toys they buy or give children are safe--incapable of causing fire, shock, poison or explosions.

The best assurance of getting a safe electrical toy is to look for the Underwriters' Laboratory label or tag on the toy, says O. L. Hogsett, extension safety specialist at the University of Illinois.

The Underwriters' Laboratory label is especially important on toys producing heat. A U. L. labeled toy will not shock the user or start a fire.

Adults should be careful,also, in buying chemical sets for children. Toys requiring alcohol, kerosene, gasoline or carbide lamps may be hazardous in juvenile hands.

Parents should supervise any play with electrical toys or toys involving fuels and chemicals.

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12/10/57

Use Water, Soapless Detergent on Cranberry Spots

If cranberry sauce finds its way to carpets or rugs, a University of Illinois home furnishings specialist says to pick up the excess quickly and sponge the area with a clean white cloth dampened with lukewarm water.

K. Virginia Seidel says to mix one teaspoon of a soapless detergent in one cup of lukewarm water. Apply this solution sparingly with an eyedropper to the stained area. Then sponge with a clean cloth, working from the outside in.

Once the stain is out, sponge again with clean lukewarm water. Then put toweling or several thicknesses of cleansing tissues on the spot and weight them down. They will absorb any excess water.

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Dry-cleaning Fluid Best for Turkey Stains

A dry-cleaning fluid best removes grease stains caused by turkey from rugs or carpets, according to University of Illinois home furnishings specialist K. Virginia Seidel.

Apply the solution sparingly to the stain, working from the outside in.

If the fluid does not remove the stain completely, mix one teaspoon of a neutral detergent in one cup of lukewarm water and apply in the same way. Sponge again with clean lukewarm water. Use several thicknesses of cleansing tissues or toweling to absorb any excess water.

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12/11/57

FOR RELEASE WEEK OF DECEMBER 16, 1957

Town and Country Art Show Scheduled

The third annual Town and Country Art Show will be held March 27-29 during the Farm and Home Festival at the University of Illinois, Urbana.

The show is open to Illinois amateur artists who have a primary interest in rural life or in town and country living, according to Chairman W. D. Buddemeier.

As in previous years, the show will be confined to recent original work in oils, water colors, pencil, charcoal, pastels, ink and crayon. In addition, artists are urged to exhibit ceramics, wood carvings, sculpturing and enameling displays.

This year, in order to encourage wider participation throughout the state, Buddemeier is suggesting that art clubs and county or district groups arrange local shows and hold them before March 15. An art specialist from the University will attend on request and select entries for the Town and Country Show.

It is important that any group wishing an art specialist to assist in selecting entries notify Chairman Buddemeier promptly in order that the state-wide schedule may be set up. To date more than 22 groups have asked for assistance. Detailed information regarding the show may be secured from the county home or farm adviser.

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FOR RELEASE WEEK OF DECEMBER 23, 1957

Gift Mums Need Water, Sunshine

Christmas decorations can be stored and forgotten, but holiday gift chrysanthemums need quick attention.

G. M. Fosler, University of Illinois floriculture specialist, says potted mums need plenty of water and light to grow properly. Their large foliage areas demand moisture so that the soil won't dry out quickly. The soil should always be moderately moist but well drained too.

Mums also need plenty of light for several hours each day. A spot near a sunny window just out of direct sunlight is good. Buds that open in a bright light usually have a more normal color than those that open in a darker place.

Keep these plants out of dry, overheated rooms too. Between 72° and 75° F. is a good daytime temperature. About 60° F. is best for night, but they can take temperatures of 50° F.

Hardy garden-type mums can be kept after blooming and planted in the spring when the soil is warm.

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FOR RELEASE WEEK OF DECEMBER 23, 1957

Making Sour Cream At Home

An often neglected member of the dairy products family, sour cream, can add that "final touch" to many favorite recipes. Sour cream is wonderful in dressings, garnishes, sauces and as an ingredient in baking and cooking.

Here's a easy way to make sour cream. It comes from Mrs. Dorthy McIvor, University of Illinois foods specialist. A bottle of sweet cream and some commercial buttermilk are all you'll need.

Mix the bottle of cream well and pour about half of it into a clean container. Shake the buttermilk and, for each cup to sour, put two and one-half teaspoons of buttermilk into the cream.

Then pour the mixture back in the cream bottle to within three-fourths inch of the top. Shake the bottle until the contents are well mixed. Set the bottle in a warm place (70 to 85 degrees F.) for 24 hours. It will then be ready to use, but the "body" will be improved if it is stored in a refrigerator for another day.

Use sweet cream of good quality and flavor, and make sure it's pasteurized. In general, the heavier the sweet cream, the better the body of the sour cream. A satisfactory product, however, can be made from coffee cream.

Of course many grocery stores are now carrying commercially made sour cream.

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FOR RELEASE WEEK OF DECEMBER 23, 1957

Store Christmas Decorations Carefully

A few extra minutes' careful packing of Christmas decorations may mean 100 percent "survival" for next year.

University of Illinois home furnishings specialist Joan Graham says to wrap each tree ornament in tissue paper and put it back in the original divided carton. Or put them in boxes with enough tissue between to keep them from breaking.

Delicate, complicated ornaments and accessories should be wrapped and boxed separately.

Wrap candles individually because those that touch others of another color often absorb the color tones. Store in flat boxes in a fairly cool place so that they won't soften and bend.

To save ribbon, press it and roll it around a tube. Roll papers around a long tube or fold them carefully and store in a large, flat box. Don't fold them too small or the creases will spoil them.

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FOR RELEASE WEEK OF DECEMBER 30, 1957

Milk in the Winter Menu

After a snow shovelling session, a hot beverage may be in order to "warm up" the crew.

But a beverage that's merely hot can't replace heat lost in the form of energy. The energy itself must be replaced. So why not serve a hot milk beverage to help revive the crew?

When the children come in, greet them with big mugs of hot chocolate made with milk. Provide the man of the house coffee "European style." Make this by pouring hot milk and hot coffee together into his cup.

Geraldine Acker, University of Illinois foods specialist, explains that cooked foods and other prepared foods offer many additional ways to get milk into the winter meals. The milk can add much nutritive value and often pay extra dividends in flavor.

For more milk at breakfast, for example, use milk instead of water for cooking cereals. Directions for cooking cereals in milk are usually given on the package.

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Step-up milk value in many foods that already contain fluid milk by adding nonfat or whole dry milk. By adding four tablespoons of dry milk to each cup of fluid milk, the food will be about twice as rich in food value as it was when fluid milk alone was used.

Puddings and pie fillings made with evaporated milk will carry more milk into meals if two or more parts of evaporated milk are added to one part of water instead of the usual one to one proportion.

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FOR RELEASE WEEK OF DECEMBER 30, 1957

Consider Three Points When Buying Pans

Construction, efficiency and care should guide homemakers in their choice of cooking pans, according to Virginia Guthrie, University of Illinois home management specialist.

Pans made of good heat-conducting materials won't create hot spots and thus will cook foods evenly. Tight fitting lids will retain moisture and shorten cooking time. Durability of construction should be related to the intended use. A simply designed pan will give best all-round service.

An "efficient" pan means one that is easy to use and handle. Past experience is often the best guide here. If homemakers are trying a new type, they should handle it different ways in the store and decide how it feels and how it will handle when full of food.

One pan may need more care than another due to the materials used in it. Pans stored in a cabinet often need less care than those displayed on a wall. Homemakers should also consider cleaning time. Those who work outside the home have less time to shine and care for pans than those who don't.

Although one pan can't have all the desirable features, the best buy is one having the most desirable points.

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FOR RELEASE WEEK OF DECEMBER 30, 1957

Make Crepe Paper Hats at Dinner Party

A hat-making contest is a good way of biding the time between the main course and dessert of a family dinner, club party or banquet, according to Ruth E. Dickens, University of Illinois assistant extension recreationist.

Give everyone a place mat made of assorted colored crepe paper. And tell them to keep the "mats" clean because they'll be needed later. Since these colors run when wet, the place mats shouldn't be used on good table cloths.

In the center of the table, place a scissors, tape, pins, ribbons and other decorations. Then between the main course and dessert ask each guest to make a hat.

A fashion parade and a prize for the most original creation can add a little more entertainment at the end of the meal.

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